

The ugly food trend, page 18

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METRO'S NEW VOICE
Page 15





The teen code

HOW HALIFAX KIDS ARE LOOKING OUT FOR EACH OTHER ONLINE. COVERAGE, PAGES 10-11

JEFF HARPER/METRO

SCHOOL

Sorry, kids

Your Friday off is no more

Madison Blanchard
For Metro | Halifax

Students in Halifax who were expecting a long weekend won't be getting one.

In light of the decision to cancel classes Monday, the Halifax Regional School Board (HRSB) has now rescheduled the day off that was scheduled for Friday for primary to Grade 9 students.

"We know it'll be a challenge for teachers," said HRSB communications director Doug Hadley.

The day was meant to give teachers time to prepare report cards, which will now be distributed a week later than scheduled.

Hadley said HRSB schools have now lost five and a half days of school due to storms in the last month. "We have become extremely concerned about the continuity of learning going on right now," he said.

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Your essential daily news
Wednesday, March 25, 2015

‘We were stuck’: Snow makes couple prisoners

WINTER

Senior citizens trapped by improper snow removal

Ernesto Carranza
For Metro | Halifax



Garbage workers drag bins over a huge snowbank blocking the end of Glenn Avenue in Dartmouth on Tuesday. JEFF HARPER/METRO

The eight-feet-tall pile of snow next to Roberta and David Pulsifer’s driveway is a constant reminder of their four-day struggle to get out of their home on Glenn Avenue in Dartmouth.

“We couldn’t leave at all. We were stuck from Tuesday till Friday,” said Roberta Pulsifer on Tuesday.

The Pulsifers’ story is just one example of the frustrations residents have experienced since a storm dropped up to 80 centimetres of snow on the city last week.

While some people complain that it’s taken too long for their streets to be plowed, Glenn Avenue was cleared out fairly quickly — but the plow stopped short of the Pulsifers’ driveway, effectively leaving the two senior citizens trapped by the deep snow.

Dartmouth Coun. Gloria McCluskey said the Pulsifers aren’t the only constituents she’s heard about who have experienced problems related to imperfect snow removal since the storm.

“There are elderly people in the same situation as the Pulsifers (who) can’t get out of their homes because the contractors haven’t been doing a great job,” she said.

The perplexed and housebound couple called HRM’s 311 call centre several times over the next few days to ask if the plow could come back and finish the job — only to be told the street had already been cleared.

When the Pulsifers finally obtained a number for the area supervisor, some relief arrived in the form of a half-ton pickup truck with a snow blade that pushed the snow back enough for the couple’s car to get out.

“When the truck finally cleared the snow, he only managed to clear a small lane and he didn’t do a very good job clearing the snow in front of our driveway,” said Roberta Pulsifer.

McCluskey urged any and all residents experiencing similar problems to contact her.

“I would have helped them if I had known,” she said.

SAFETY CONCERNS

BMO Centre closed immediately

The BMO Centre is the latest facility to be closed because of worries over the snow on the roof.

A release from the city Tuesday states that the BMO Centre has been closed, effective immediately, to accommodate a structural assessment of the building.

METRO

IN BRIEF

‘Limited’ street parking, but free transit available

Haligonians can enjoy free transit for the last time Wednesday, and can start to enjoy limited street parking.

The city is offering free ferry and bus rides to residents Wednesday in the hope that people take transit instead of driving, helping crews trying to clean up snow after 80 centimetres of snow were dumped last week.

An all-day ban on street parking has made life difficult over the past few days, but starting 6 a.m. Wednesday, “limited” parking is available on roads that have been widened considerably.

“We want to make sure people use their discretion, and they’ve been very good to do that so far,” HRM spokeswoman Jennifer Stairs said Tuesday.

Stairs said drivers should consider whether it’s safe to park, if their car would block any traffic or emergency vehicles going by, and if there are snow crews in the area.

Crews are continuing to work 24-7 clearing roads and taking the white stuff to dumping fields, which has added up to 18,000 truck loads as of Tuesday afternoon.

“That’s enough to fill the Scotiabank Centre one and a half times,” Stairs said, adding that between 2,000 and 3,000 loads are being removed daily.

HALEY RYAN/METRO

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End of the road for lengthy battle over disputed road

CITY HALL

Woman owes $200K-plus after debate finally resolved



Stephanie Taylor
Metro | Halifax



Susan Sutherland speaks to reporters at city hall on Tuesday. JEFF HARPER/METRO

It was a bittersweet victory for Susan Sutherland.

The struggle of the woman at the centre of a longtime property dispute with a neighbours over building a driveway to her Milton Drive home, which cannot be accessed by vehicle, came to an end at Tuesday's regional council meeting in Halifax.

That afternoon, with a supporter's arm around her shoulders, Sutherland watched from the gallery as councillors debated waiving the $61,583 she owed in arbitration costs. The costs were incurred as part of a process she entered for council to consider a commissioner's report recommending an access road to her home be paved.

The proposal to waive the costs was an amendment suggested for the initial recommendation, stating council should allow a private road for Sutherland, with the agreement she would pay her neighbours — Dr. and Mrs. Cron —- $168,477 in compensation, plus nearly $62,000 in arbitration costs for a total of $230,060.

Council rejected the amendment 11-4, but granted her the right for a road.

Afterwards, Sutherland explained she doesn't have the $230,060, but councillors debated whether a lien would be placed on her property.

"I can't say that I'm all that surprised. I am, however, completely disappointed," Sutherland said outside council chambers Tuesday. "It's been a very, very long struggle."

The property struggle is spelled out in a nearly 200-page report penned by Commissioner Deborah Baker last November, who was appointed to the matter — for a second time — in 2011 after Sutherland re-petitioned city council to have road access following an unsuccessful attempt to resolve the issue with the neighbours years prior. They had claimed their land was being expropriated.

> **It's a beautiful home and that's why they bought it. They didn't buy it to have a roadway for somebody else**
> Coun. Linda Mosher

But according to the province's Private Ways Act, paving an access road is not considered expropriation.

Still, the report said the neighbours were unable to reach an agreement and required an arbitration panel — a process some councillors argued was not their problem and should not be paid for by their dime.

Coun. David Hendsbee of Eastern Shore told council he never imagined the costs of the process would be so "astronomical."

"It's between two private property owners … we did not put ourselves into this. It was asked for," added Coun. Steve Craig. "It's a question of 'Do I want this enough to pay this? If I do, I'm going to go through it.' I don't see that being council's responsibility."

Coun. Linda Mosher also expressed concerns over how the commissioner's recommended location for the access road — in front of the Cron's property — would impact the homeowners.

"This is devaluing their property," she said. "It's a beautiful home and that's why they bought it. They didn't buy it to have a roadway for somebody else."

Standing outside council chambers on Tuesday, Sutherland explained that beyond the legal struggle, without road access she's had to haul jerry cans of oil down a footpath to heat her home, had to fight for insurance coverage and — worst of all, she says — been denied an ambulance to help a dying father.

"I'm horrendously disappointed that council did not have the compassion that was required in this situation to say 'We're not going to stand for this,'" she said.

CITY HALL

Neighbourhood closer to heritage label

Halifax council has voted to proceed with the creation of a new conservation heritage district in an historic suburb in the city's downtown.

At Tuesday's regional council meeting, councillors unanimously voted to have staff with the city's heritage advisory committee write a full-length report on transforming Barrington South area, formerly known as the Old South Suburb, into a heritage district .

The new district would run between Bishop Street and Cornwallis Park, including blocks along Hollis Street.

"It's been a long time coming," Councillor Waye Mason of the downtown area said Tuesday, adding that many residents in his district have wanted the historic area preserved for years.

Although Mason said he strongly supports establishing the new heritage district, he recommended a staff report was first needed for further discussion on what that means for current development.

He went on to echo staff's concerns laid out in a study that once the area becomes known as a heritage district, "there may be a rush to develop properties within the area prior to final approval."

Mason explained more direction is needed from staff to determine if the city's powers would change in regulating development.

Coun. Brad Johns questioned whether an entirely new heritage district needed to be established, or if the boundaries on the nearby Barrington Street heritage site could simply be extended.

"These are two very distinct areas," a city staffer explained. "One area is mainly from the late 1900s and the Old (South) Suburb is mainly the 1860s and 1870s."

STEPHANIE TAYLOR/METRO

IN BRIEF

Khyber reports to be discussed in two weeks

Two staff reports on the Khyber building will be discussed at the next council meeting April 7.

The first outlines a facility assessment that estimates it would cost the city $4-million to renovate the 126-year-old building. In the second, staff suggest a promised arts incubator pilot program does not need to be location-specific. METRO

STORMWATER

Charge could be switched to taxes

A debate over rural and urban services erupted in Halifax council Tuesday during a discussion of transferring a new stormwater charge from Halifax Water to the HRM.

Deputy Mayor Lorelei Nicoll requested a discussion over the possibility of removing an annual $39 fee from residents' water bills and including it in general taxes collected by the city.

According to a staff report, the charge was introduced last January to pay for the removal of rain and melted snow that runs from city streets and roadways into Halifax Water's stormwater infrastructure, such as ditches, culverts and pipes.

Initially, regional council voted to make the utility responsible for collecting the fee, but asked city staff last April to submit options during the 2015-16 budget process for dealing with the stormwater charge.

On Tuesday, Coun. David Hendsbee of Eastern Shore said he opposed the transfer to general taxes, saying rural roads are not as well serviced by Halifax Water infrastructure as those in the urban core.

"If you don't use the service, you shouldn't pay the fee or tax," Coun. Barry Dalrymple told council, saying the move would be "perceived as another fee without the service."

Several councillors said residents are concerned over seeing the new charges popping up on their water bills, which Coun. Reg Rankin attributed to a confusing tax structure.

"You should be able to understand your tax, and this is a very confusing one. Perhaps the most confusing tax I've ever confronted," he said.

Rankin told council it's too difficult to discern which residents did or didn't benefit from the stormwater infrastructure, and argued that general tax rate was a more fair approach.

Tuesday's debate ended with Coun. Russell Walker saying he would work with the clerk's office to bring forward a motion of rescission for a future meeting.

STEPHANIE TAYLOR/METRO

Maritime neighbours join forces

ECONOMY

Premiers announce creation of joint office

Maritime neighbours Nova Scotia and New Brunswick say a move aimed at cutting red tape and harmonizing business regulations is a signal to Ottawa that they are serious about reviving their sputtering economies.

Premier Stephen McNeil and New Brunswick's Brian Gallant said Tuesday that a joint office would be created to enable businesses to operate more efficiently between the provinces and to foster economic growth.

The pair signed a memorandum of understanding at the Halifax depot of regional trucking giant Armour Transportation Systems.

"Our goal is to make sure that goods and services and people can move freely among our provinces," said McNeil. "It absolutely makes no sense that this truck standing behind me has different regulations when we get to the border of New Brunswick and Nova Scotia."



Premier Stephen McNeil, right, and New Brunswick Premier Brian Gallant announce plans in Dartmouth on Tuesday to create a joint office aimed at cutting red tape and harmonizing business regulations. ANDREW VAUGHAN/THE CANADIAN PRESS

Gallant said the initiative was part of what would be an "unprecedented level" of co-operation between the two provinces.

"Ensuring that we do a better job when it comes to red tape and normalizing regulations between the two provinces is a great step in the right direction," Gallant said.

He said it makes sense for smaller provinces to work together as their sluggish economies face the same challenges, including budget deficits and aging populations.

McNeil said he wants the federal government to recognize that the Atlantic region is moving to take responsibility for its own growth.

He pointed to previous agreements aimed at harmonizing training regimes and allowing apprentices to work across jurisdictions, adding that Ottawa could help further by lifting some of its restrictions in areas such as immigration.

"We'll take charge. We'll set the table, and the private sector will grow opportunities here."
Premier Stephen McNeil

Armour Transportation executive Ralston Armour said harmonizing regulations would benefit the operations of his company by helping it move goods more efficiently.

As an example, Armour said the company can move dangerous goods through New Brunswick in trucks hauling double trailers, but it can't in Nova Scotia.

"There will be cost savings, but it's really going to make things easier for us," said Armour. THE CANADIAN PRESS

HUMAN RIGHTS

Board finds Halifax firefighter faced discrimination over child

A new human-rights decision states a Halifax firefighter was discriminated against based on his family status.

The decision by an independent Nova Scotia human-rights board of inquiry was published Tuesday in the case of Raymond Adekayode v. Halifax Regional Municipality Firefighters and International Association of Fire Fighters (IAFF), Local 268.

In the decision by board chairman Donald Murray, Adekayode claimed he was discriminated against when he was denied employment insurance top-up benefits after the birth of his child.

According to evidence presented in the inquiry, the collective agreement allows for insurance "top-up" benefits for parents of adopted kids but none for those who have biological children.

"That economic choice was forced upon them by the lack of access to a top-up wage benefit."
Donald Murray

Given the absence of such a top-up, Adekayode was unable to take parental leave because of the financial hardship it would have put on his family.

Murray said the choice Adekayode and his wife made about who would stay at home to provide constant care for their third child was a "purely economic one."

"That economic choice was forced upon them by the lack of access to a top-up wage benefit," Murray said.

The city and the IAFF were ordered to give Adekayode 12 weeks parental leave "with top-up" to allow time with his family. METRO

JOBS

Province says it was surprised by closure of Halifax bakery

Premier Stephen McNeil says the government got no advance warning of the pending closure of a bakery in Halifax that will eliminate more than 100 jobs.

He says it appears Canada Bread Co. Ltd. made a business decision to consolidate its Ben's bakery operations at two locations in New Brunswick by November.

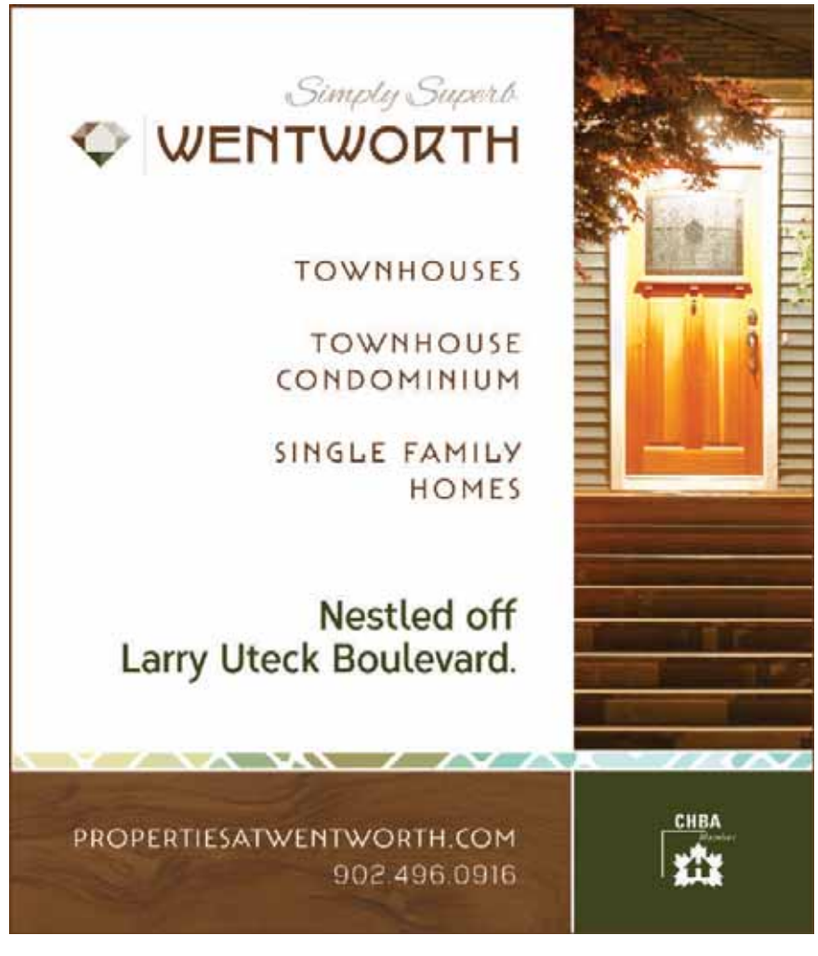
McNeil says to his knowledge, the company didn't ask the province for financial help.

The Labour Department is looking at ways to help the more than 100 workers at the Quinpool Road bakery who will be laid off.

The company said Monday it will create 35 new jobs by consolidating in Woodstock and Moncton.

A spokesman for the New Brunswick premier's office said the company received a three-year, $240,000 payroll rebate through Invest New Brunswick.

THE CANADIAN PRESS





Students head into the Henry Hicks building on the Dalhousie University campus on Tuesday.
JEFF HARPER/METRO

School finances bill in the works

EDUCATION

Annual reports on universities intended to up accountability



Haley Ryan
Metro | Halifax

New legislation is now in the works to hold universities financially accountable by requiring annual reports and setting outcomes.

On Tuesday, Labour and Advanced Education Minister Kelly Regan presented the findings of a consultation with groups inclusive of university students, professors, businesses and taxpayers that she said shows a need for improved sustainability in the province's post-secondary institutions.

"What are Nova Scotians and students getting for their investment? What outcomes do we expect?" Regan asked a crowd at Mount Saint Vincent University.

"Accountability should not be left to chance. It should be law."

By the universities submitting annual reports, Regan said, the government can be made aware of any issues before they happen.

The legislation would also allow the province to withhold grants in "extreme circumstances," Regan told reporters but would not get into details on what might qualify.

When asked if NSCAD University's tough financial situation last year would be an example, Regan said that if the legislation had existed they would have known "well in advance things were not proceeding in a good way."

Regan said she knows students wanted to hear about tuition going down and increased government grants but warned the upcoming budget is about working on Nova Scotia's deficit.

50

About 50 students with disabilities will be helped by the changes to the province's loan-forgiveness program, which gives students 10 years to complete their undergrads and have their provincial loans forgiven.

> **What are Nova Scotians and students getting for their investment? ... Accountability should not be left to chance.**
> Kelly Regan, minister of labour and advanced education

"Everyone will feel some pain in this budget. Simply put, the cupboard is bare," Regan said.

Regan would not say whether the province will raise the current three per cent cap on tuition hikes but did say universities will know exactly how much funding they will get over the next four years when the memorandum of understanding is released this summer.

The debt-cap program has also changed to the Loan Forgiveness Program under which permanently disabled students have 10 years instead of eight to complete their undergraduate degrees and have their provincial student loans forgiven, Regan said.

She said the changes will help about 50 students a year, and as with the former program those students without disabilities can have their loans forgiven if they graduate in four years.

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BUSINESS

Report encourages businesses, universities to work together

One recommendation of recent government consultations encourages businesses and universities to work closer together, a relationship that one faculty representative believes could be problematic.

Minister of Advanced Education Kelly Regan presented the results of the province's university consultations Tuesday, including the idea of "innovation teams" composed of students, government, schools and the private sector. These teams will set outcomes especially focused on co-ops, internships and hands-on learning where they might not have previously been, such as in arts programs.

> **When you start legislating what an outcome is, that may start dictating what those programs look like.**
> Catrina Brown, Dalhousie Faculty Association

"Linking up Dalhousie's job of teaching and doing research so strongly to business is a deep concern," Catrina Brown of the Dalhousie University Faculty Association said after the event.

Brown said finding more ways to move students into the workforce is a good idea, but when business becomes part of a program, money becomes the main issue rather than quality of education.

"When you start legislating what an outcome is, that may start dictating what those programs look like," Brown said.

Michaela Sam of the Canadian Federation of Students said it was disappointing to see the government miss an opportunity to increase grants to schools and lower tuition, when both moves could keep student debt down and allow more young people to settle in the province. HALEY RYAN/METRO



Firefighters retrieve a dog from the frigid water in an area of Yarmouth County on Tuesday morning. CARLA ALLEN/THE VANGUARD

Dog dies despite brave rescue effort

YARMOUTH

Firefighters believe pup was in frigid water for an hour

A dog that was the subject of a dramatic rescue from the frigid water of a Yarmouth County inlet didn't survive the ordeal.

"I wish it could have been a different outcome," said Carol DeNomme, general manager of the Yarmouth SPCA, Tuesday afternoon.

Firefighters were called to an area of Chebogue Road just before 10:30 a.m. Tuesday, where a large dog that appeared to be a Great Dane mix was in the water.

The resident who made the call said the dog had slipped below the surface at least once before firefighters arrived. It's believed the dog was in the water for about an hour.

The rescuers had to cross waist-deep water and clamber over slippery ice-covered rocks to get to the animal, and several lost their footing and fell.

The dog was brought ashore with the use of a sled, and covered with blankets once it was brought to shore.

It appeared to revive slightly as it was put into a van to be taken to a local veterinarian, but died due to a buildup of fluid in its lungs.

It was unclear who the owner of the dog was. A nearby resident told RCMP he had noticed the dog roaming in his yard and was afraid for the safety of his small livestock.

DeNomme took the dog to a veterinarian in Digby after she said she was unable to have it admitted to a local practice.

DeNomme said that the dog's heartbeat was fluttering when she arrived in Digby.

It was in poor physical condition, a factor that she said may have decreased its ability to survive the incident.

"He didn't have enough muscle or fat," she said. "That dog was pretty thin."

YARMOUTH VANGUARD

> **A big dog can be lean, but he was beyond lean.**
> Carol DeNomme, general manager at Yarmouth SPCA

CRIME

RCMP investigate shots fired in North Preston

Halifax RCMP are investigating reports of gunshots in North Preston Monday night.

According to a news release, officers from the Halifax District Cole Harbour office and the Halifax Region Police east division responded to a complaint of several shots fired in the area of Clarence Street around 10:13 p.m.

So far RCMP say there are no reports of any injuries, and no one has been arrested.

The investigation is ongoing.

Police are asking anyone with information about the incident to call the integrated general investigation section at 902-490-5020, or send an anonymous tip to Crime Stoppers.

METRO

Glace Bay man charged with assault against toddler

A 29-year-old Nova Scotia man is expected back in provincial court April 27 to enter pleas on assault charges involving a child.

The Glace Bay man is charged with assault causing bodily harm and aggravated assault. The offences allegedly occurred in October and involve a toddler. The accused first appeared in provincial court Friday and was remanded for the weekend but released on conditions after a court appearance Monday.

Among the conditions of his release, the accused is not to be in the company of anyone under age 16 and is prohibited from attending places where children are likely to gather.

He is also subject to a curfew and must report, by phone, to Cape Breton Regional Police once a week.

CAPE BRETON POST



Six ways to enjoy winter (in spring)

At a time when most Haligonians might have expected to be packing away snowsuits and shovels, winter gear remains de rigueur. The winter of 2014-15 was unusually severe, with a string of snowstorms in February and March leaving the city buried in ice and snow well after the official start of spring. In case it sticks around right through June, Metro came up with a few ideas to prevent a breakdown reminiscent of Jack Nicholson in The Shining.

MADISON BLANCHARD/FOR METRO HALIFAX@METRONEWS.CA



Jay Needham throws a snowball for his dogs Fogerty, left, and Huckleberry to catch at the Garrison Grounds on Monday. JEFF HARPER/METRO

1 BUILD AN IGLOO

Yes, it's sort of playing to the Canadian stereotype, but with a winter this brutal, you might as well embrace it and make it work for you by building a nice cosy igloo to sit and wait for spring in.

You can even build a fire in there and speak of days gone by, when snow would be gone by mid-April and you only had five snow days a year.

2 SNOW SCULPTING

Anyone can build a snowman, but with so much raw material at your disposal, the possibilities are endless. The key is snow that's just the right degree of "wet"; if it doesn't pack into a nice snowball, you won't be able to sculpt it. The firmer the snow is packed, the longer your sculpture will last. Get yourself a pile of snow "bricks" or a nice pile and use screwdrivers, garden spades or other household implements to create your masterpiece.

3 SNOW KAYAKING

Maybe a little harder to find locally, snow kayaking — also known as snow-boating — is a relatively new but wildly popular sport in some pockets of the globe.

In the organized format, helmeted participants race highly waxed kayaks down skiing tracks, using their paddles for some control. More recreationally, participants just find a hill in the backcountry and square off in what's become known as "sledding on steroids."

4 SNOW-SHOEING

Snowshoeing can be both a great form of exercise and an effective mode of transportation. Icy sidewalks and snow-covered parks have made walking a hassle, so why not try this old-time way of getting around?

You can rent snowshoes at most community centres and businesses that deal in outdoor equipment. Find a local trail to explore or just use them to improve your daily traipsing about town.

5 SHOVEL RACING

Though you may want to burn your shovel rather than touch it ever again, try making it an instrument of amusing diversion. Snow-shovel racing was born in New Mexico when bored ski resort staff started looking for new ways to pass the time.

Anyone with a shovel and a hill can do it. Seek out an icy hill for maximum thrills, but consider wearing a helmet to protect your noggin.

6 SNOWBALL FIGHTS

There's nothing wrong with engaging your inner child and turning on the cannon in your arm. Assemble an arsenal of well-formed, gently packed snowballs — no hard, icy lumps, please — and prepare to do battle like a member of the Night's Watch taking on the wildlings (non-Game of Thrones geeks, go look that up). Gather a big group of friends, pick sides — and losers buy hot cocoa for the winners when it's all over.



ACCIDENT CAR AND TRAIN COLLIDE Workers get ready to move a train after a collision with a car on Topple Drive in Burnside on Tuesday. No one was injured. JEFF HARPER/METRO

BRIDGE

Replacing Englishtown ferry would cost $45M, study says

Building a bridge to replace the Englishtown ferry would cost taxpayers about $45 million, according to a Nova Scotia government feasibility study.

The report on the cost analysis of erecting a bridge over the mouth of St. Anns Channel was presented to Victoria County municipal council this week in Baddeck.

It suggests that over 75 years, the cost of constructing and maintaining a lift bridge over the 700-foot crossing would be about equal to that of operating a ferry.

Nova Scotia Transportation and Infrastructure Renewal Minister Geoff MacLellan said the large figure was "somewhat unexpected," but provides the basis for a public conversation about transportation in that part of Cape Breton.

"People are concerned about the reliability and consistency of the Englishtown ferry, so our short-term goal is to put together a plan to revisit the issues, while we think the bridge is a long-term conversation," he said.

CAPE BRETON POST



The Englishtown ferry is shown tied up Monday. The service is currently suspended due to ice conditions. CAPE BRETON POST

WEATHER

Storm damage causing jump in home insurance claims

After one of the most severe winters in recent memory, Atlantic Canada insurance companies are working non-stop dealing with claims of everything from water damage to tree limbs damaging houses.

"The continued snowfall is taking a significant toll on families across the region," said Amanda Dean, vice-president Atlantic of the Insurance Bureau of Canada.

"Insurers are working around the clock to respond to consumer inquiries.... We want to help people get their lives back to normal."

> **It's one of the toughest winters in at least 20 years.**
> Amanda Dean, Insurance Bureau of Canada

She said that as soon as a property owner sees damage they should call their local insurance representative regardless of whether they know they'll be able to make a claim.

"Call and talk about what a claim would look like," she said. "Is the damage more than what your deductible is?"

While they don't have exact numbers on claims or payouts yet, Dean said it's already clear it's been a bad year.

"In terms of weather, it's one of the toughest winters in at least 20 years," she said.

With higher temperatures expected later this week, homeowners need to get out and ensure that water can run away from their foundations.

"You don't want water pooling around your foundation," Dean warned.

NEW GLASGOW NEWS

Kids spin way to straight A's

EDUCATION

Donated bikes help students burn energy, stay on track

Jennifer Taplin
For Metro | Halifax

When kids in Leanne Watson's combined Grade 1/2 class are spinning their wheels, she gets them to spin wheels — literally.

This school year Watson received a child-sized stationary bike in her classroom at William King Elementary School in Herring Cove.

"Kids have a lot of energy and we're asking a lot of them to sit at their desks and do work," she said. "It's just not in their nature when they're young."

So when someone needs to release a little pent-up energy or relieve stress, she allows them to pedal on the bike for three to five minutes.

It's a simple strategy, but it has proven very effective, particularly for one boy in her class who gets frustrated often.

"If ... he can't do something in his work you can almost see steam coming out of his ears," Watson said. "He'll pedal for three or four minutes, then ... it's completely forgotten."

Watson said she thinks every classroom should have a stationary bike, and Luke MacDonald would love to make that a reality.

MacDonald, a partner in Aerobics First, introduced stationary bikes to Halifax schools in January 2013. At that time he was a frequent presence in schools organizing running programs. MacDonald was inspired by a lecture he attended on the connection between exercise and learning, and when a friend told him he had an extra kid's stationary bike, he recognized an opportunity.

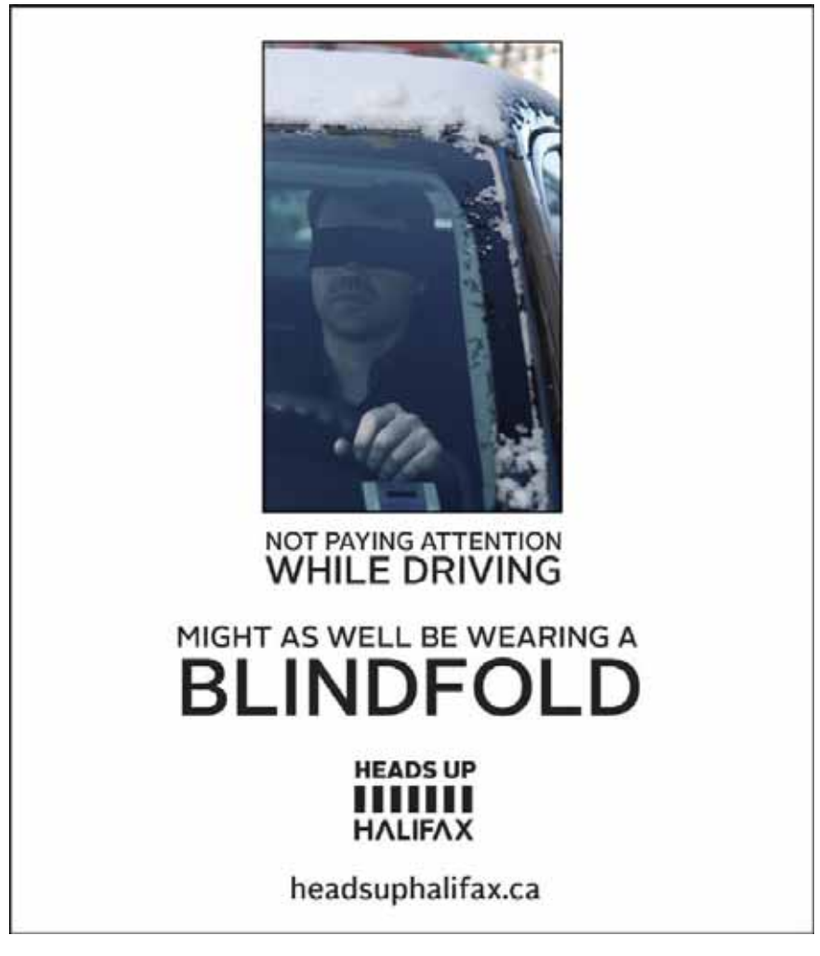
After a successful debut at St. Joseph's A. MacKay, MacDonald got to work fundraising and now there are 199 bikes in Halifax Regional School Board schools and at least another 20 in French schools.

The bikes are a tool to teach kids to self-regulate, to recognize they are stressed and how to relieve that stress with physical activity, MacDonald said.

"The bike is the opportunity for a teacher to speak to a kid about how their engine runs."

199

Number of bikes in the Halifax Regional School Board. There are also at least 20 in French schools.





JEFF HARPER/METRO

THE SELF-SURVEILLANCE GENERATION — PART I

The teen code

How Halifax kids make their own rules for online behaviour



Stephanie Taylor
Metro | Halifax

The four teens go silent the moment I ask. Just seconds before, their laughter resounded above the rush of the noontime crowd at this Halifax high school as crews of girls and boys bounced about the cafeteria's rows of tables, in and out of the nearby hallway. Now the four of them just sit with frozen expressions.

"Yeaaaahh…" a boy named Pietro finally says, slyly.

Three girls, Laura, Lucie and Sophia, sitting around him, begin to giggle. Work sheets scribbled with chemistry equations spill out from binders that are splayed across the table beneath several iPhones.

Again, I ask whether any of their online photos could get them in trouble.

The girls let out a few laughs.

"Ah … nothing," says Sophia, stopping herself.

Laura and Lucie stare at her from across the table.

"There was a bad picture," Sophia begins, before being cut off by Lucie.

"You're just like this," Lucie says, tilting her head back and quickly shaking her hand above her mouth, gesturing what can only be the motion of chugging a drink.

"It's not a bad picture, you're not falling," she says before Sophia jumps in.

"I'm not talking about my picture!" the red-cheeked 17-year-old blurts out.

I never actually see the picture the girls are talking about, but Sophia's embarrassment has more than answered my original question.

Today, nearly 100 per cent of Grade 11 students have a Facebook account, according to a 2014 study by MediaSmarts, a group dedicated to researching digital literacy issues among young Canadians, and roughly 85 per cent of students own a cellphone. That puts the ability to manage their reputation — and each other's — at their fingertips, leading to a culture in which teens are now policing teens, choosing when and whether to capture and broadcast each other's youthful indiscretions.

That has left parents and experts wondering what these technologies that exist as digital track records mean for those rebellious teenage years.

FACEBOOK

A 2014 study by MediaSmarts, a digital literacy research group, discovered that currently, almost a third of Grade 4 to 6 students have Facebook accounts — although the site mandates users must be at least 13.

A code among peers

Halifax friends Morgan and Rachel outline a checklist they follow: First, are you friends with this person? And second, does the photo make her look good?

If the answer to either is "no," an unspoken courtesy exists to ask a person's permission first, a gesture both girls tell me they do and expect done in return.

In a recent study of more than 5,000 teens, nine out of 10 said they expect to be asked permission before someone posted their photo

that could be considered negative, says Matthew Johnson, director of education for MediaSmarts.

Teens are aware of the risks of sharing online material, Johnson says. He notes the exhaustive lengths most teens undergo to customize their privacy settings and delete content in order to curate their accounts so as not to cause trouble with parents, but also maintain a "perfect" image with their peers.

"Adolescence is naturally a time for pushing boundaries. It's a time when kids naturally want to be at least partially away from the supervision of their parents and teachers."

Their primary concern is what digital ethnographers call "context collapse" — a term that describes how tone, behaviours or motivations that are easily interpreted in face-to-face communication get lost in social technologies when a photo or comment is posted online.

As a result, Johnson says, apps that promise temporality, such as Snapchat — in which photo and video messages vanish after viewing them — are soaring in popularity among teens because they are an "escape valve" from the demands of their self-surveillance.

"It removes that need to think very carefully about the impression that you're making. It lets you be casual in a way that you really can't with Facebook or Twitter where something is expected to be permanent."

> **One of the drawbacks of connecting through digital technology is that it's always on. It's sort of like being at the mall 24 hours a day.**
> Matthew Johnson, director of education at MediaSmarts.

Teens and permanence

It was the day after a party when Marlisa first saw the video.

Recordings of the 17-year-old vomiting at a high school party from January began circulating through Snapchat. Despite the app's design to erase messages, teens figured out ways to save photos.

Because she was drunk, Marlisa says, she has little memory of what happened.

"I was like, 'Oh my God,' but I didn't feel bad because I was drunk so, like, there's an excuse," she says. "Because I'm of the age of, like, this is what you would expect."

Digital permanence is the most difficult lesson for teens to learn in digital literacy, Johnson says.

He said most teens grasp the basics: Online content can be viewed by unintended third parties and then copied and reproduced without their knowledge.

"When we talk about digital permanence, it's frequently phrased in terms of, 'A teacher might see this,' or 'An admissions officer might see this,'" he said.

But that's the crux of the problem: The struggle to get teens to consider long-term consequences, not simply what their friends might think, which Johnson says was a challenge well before the invention of social media.

"Obviously permanence is general and is a difficult idea for teens. It's not in their nature to see too far beyond the horizon."

The perceived tendency for teens to over-share also points to the boundaries (or lack thereof) that young people are still in the midst of developing throughout adolescence, says teen clinical psychologist Dr. Larry Borins.

Learning where to draw the line or what to share and with whom is all the harder to navigate for a generation whose communication also happens digitally.

"(Social media) is a platform to get attention," Borins said. "It's a microphone, more like a megaphone. Anything that is expressed offscreen is just amplified onscreen."

67%

Research shows that 67 per cent of girls aged 15 to 17 are likely to post pictures of themselves or friends compared to 48 per cent of boys the same age.

84%

In a 2014 MediaSmarts study of more than 5,000 Canadian teens, 84 per cent said they had at least one rule when it came to Internet access.

'The past is the past, right?'

Laura pauses from sending a text to explain that as an exchange student from Colombia, she was advised to purge her online accounts of any inappropriate material before coming to Halifax.

"Here, you come to a host family. They don't know you. So they're going through your Facebook. You don't want them to see you drinking or partying or anything like that.

"If there's a picture of you drinking, you wouldn't want it on your Facebook because you could go home."

Minutes later, the table of four friends erupts in a chorus of "Oh yeah" when I ask if they will be embarrassed by what they see of themselves online by the time they're my age.

"No regrets for that," adds Pietro. "The past is the past, right?"

Mistakes and their fallout

Larry Borins, a teen clinical psychologist in Toronto, is as stumped as other experts when it comes to whether young people can afford to make mistakes in an age when their actions can be recorded and shared virally, and what effect it will have on them as adults.

"Adolescence is all about learning from mistakes and taking risks," he says. "Teens are stepping out into the unknown and they're learning stuff about themselves through that process."

One possibility is young people may find themselves afraid to take as many risks — a hard but necessary reality he speculates will be required to meet the demands of an increasingly online world.

"Once it's printed, once it's out there, you can't retract it; you can't take it down," he says.

However, Matthew Johnson, director of education for MediaSmarts, says unlike previous generations, teenagers' friends (along with their antics) are now colliding with their family and employers as never before through social media, which could lead to a sort of normalization.

Having said that, his answer to resolving issues around online permanence is simple: better education.

"As parents, we have to recognize that teaching (teens) to curate their online identity is also teaching them to be able to hide things from us," he says, noting that's a natural part of adolescence.

"That's why it's so important at the same time as we teach them to manage their online privacy, we also make sure to respect their online privacy and reassure them that we have their back, rather than spying over their shoulder."

STEPHANIE TAYLOR/METRO



Social media has gone beyond a sharing tool for teenagers — it's also how they're managing their reputations and identities. JEFF HARPER/METRO

BACKGROUND

Platforms of choice
MediaSmarts also did a study that ranked the top-picked social networking tools among Canadian teens:
1. Facebook
2. Twitter
3. Tumblr
4. Instagram
5. Email

IN metro TOMORROW

PART II: Age of anxiety
With social media, teens are now taking experimentation with their identity online — spending hours editing and curating the perfect persona. Psychologist Larry Borins argues this is leading to an increasingly anxious generation.

JUSTICE

Khadr has right to bail: Lawyer

A lawyer for former Guantanamo Bay inmate Omar Khadr says his client's appeal in the United States is taking too long and he should be released on bail.

But the Canadian government maintains that letting Khadr out would undermine public confidence in the justice system, subvert international law and damage this country's relationship with the United States.

Nathan Whitling told a bail hearing in Edmonton on Tuesday that his client should get bail while he appeals his war-crimes conviction before a U.S. military court. He said the court has put the appeal on hold and might not make a decision before Khadr completes his sentence.

"We could all be retired by the time the appeal is done," Whitling told Justice June Ross of Court of Queen's Bench.

He said Khadr has a right to seek bail pending an appeal, just as other prisoners do in both Canada and the U.S.

"Mr. Khadr should not be treated differently."

Khadr pleaded guilty in 2010 to five war-crimes charges, including murder, for killing an American soldier in Afghanistan when he was 15.

After spending nearly a decade in Guantanamo Bay, Khadr was sentenced by a U.S. military commission to an additional eight years and shipped to Canada. He then said he only pleaded guilty to get out of Guantanamo.

Bruce Hughson, a lawyer representing the federal government, told court that releasing Khadr might encourage other Canadians convicted in foreign countries to ask for transfers and file appeals so they can also seek bail. It would affect the willingness of countries to send offenders to Canada, he said.

"It would destroy the transfer system," Hughson told the judge.

Hughson said the proper route for Khadr's release is through the Parole Board of Canada. Khadr is set to appear before the board in June.

Now 28, Khadr is more than halfway through his sentence. He is a medium-security prisoner at Bowden Institution in Alberta. He won an earlier Alberta court decision that said he should be serving his sentence in Canada as a youth. The government is appealing that ruling to the Supreme Court. If released on bail, Khadr plans to live in Edmonton with one of his other lawyers, and a university has agreed to let him enrol as a student. The hearing is to continue Wednesday.

THE CANADIAN PRESS



WILDLIFE THIS PANDA IS READY FOR HER CLOSE-UP Rina, the Edmonton Valley Zoo's newest addition to its red panda family, poses in her enclosure on Tuesday. Having recently arrived from Shizuoka Municipal Nihondaira Zoo in Japan, two-year-old Rina is one of three red pandas currently living in the Edmonton zoo. With an estimated population of fewer than 10,000 adult red pandas left in the wild, the species is considered endangered. The Edmonton Valley Zoo is part of a worldwide conservation effort to preserve red pandas through a Species Survival Plan (SSP). TOPHER SEGUIN/FOR METRO IN EDMONTON

Harper introduces motion to expand fight against ISIL

IRAQ & SYRIA

Mission renewal to be debated this week

The plan to expand Canada's war against the Islamic State of Iraq and the Levant (ISIL) into Syria hinges on the conviction that dictator Bashar Assad has lost control of the country, allowing extremists to pose a clear and direct threat to the international community, Stephen Harper said Tuesday.

But the question opposition parties were asking Tuesday was: What changed the prime minister's mind?

When Canada's combat mission first got underway almost six months ago, Harper ruled out the possibility of CF-18s attacking targets in Syria, which has been home to a bloody four-year long civil war.

At that time, he said the military would have to seek the permission of the Assad government.

But that changed Tuesday with the introduction of a proposed mission renewal, to be debated later this week, that would expand airstrikes into Syria and extend the mission by a year.

"As our allies have indicated, they are taking necessary and proportionate military action in Syria on the basis that the government of Syria is unwilling or unable to prevent ISIL from staging operations and conducting attacks there," Harper said.

The effect of adding Syria to the target list has been to further unite political opposition at home — notably the Liberals, some of whom were uncomfortable with the decision to oppose the initial deployment in the face of blatant ISIL atrocities.

THE CANADIAN PRESS

SEE PAGE 15 FOR A DISCUSSION ON THE MOTION TO EXPAND THE ISIL MISSION

"Canadians did not invent the threat of jihadi terrorism, and we certainly did not invite it. Nor, as this global threat becomes ever more serious, can we protect our country or our communities by choosing to ignore it.
Prime Minister Stephen Harper

"Military planners will tell us that for a mission to succeed it must have two things. It must have a well-defined objective and a well-defined exit strategy. This mission has neither.
NDP Leader Thomas Mulcair

POLITICS

Bill C-51 hinders civil rights: Critic

The federal government's omnibus security bill would hand extremists what they want by shackling civil liberties, a prominent aboriginal lawyer and activist says.

There is no way to fix the legislation, which "makes us all suspects," said Pamela Palmater, chair in indigenous governance at Toronto's Ryerson University.

"The terrorists will have won," Palmater said Tuesday during a meeting of the House of Commons public safety committee, which is hearing more than 50 witnesses on the bill.

The 62-page bill would give the Canadian Security Intelligence Service (CSIS) the ability to actively disrupt terror plots, make it easier for police to limit the movements of a suspect, expand no-fly-list powers, crack down on extremist propaganda and dismantle barriers to exchanging security-related information.

THE CANADIAN PRESS

BRAZEAU

Crown's main witness gets emotional on stand

The central Crown witness in the criminal trial for suspended senator Patrick Brazeau wiped away tears Tuesday as she listened to her own voice on emergency recordings that were played in court. The woman, whose identity is protected under a publication ban, was testifying for a second day against Brazeau, who is facing charges of assault and sexual assault based on an incident two years ago. THE CANADIAN PRESS

KEYSTONE

Pipeline focus of U.S. ambassador's year

The U.S. ambassador to Canada concludes the first year of his posting acutely aware that a single irritant over an oil pipeline has grabbed so much of the attention in the Canada-U.S. relationship.

"I have noticed that. I definitely have," Bruce Heyman said in an interview this week during a trip to Washington, with his first year as ambassador drawing to a close.

Indeed, the irritant in question is so well known that Heyman doesn't even need to refer to Keystone XL by name: "I think the U.S. government is very aware of the Canadian position with regard to the pipeline."

Heyman is keen to accentuate the positive: shared international projects, like fighting ISIL and Ebola; last week's historic border agreement on preclearance; countless cultural exchanges; the world's biggest bilateral trading relationship.

THE CANADIAN PRESS

No survivors expected, as jet carrying 150 crashes in France

FLIGHT 9525

White House and airline say no sign of terrorism

A black box recovered from the scene and pulverized pieces of debris strewn across Alpine mountainsides held clues to what caused a budget airliner to take an unexplained eight-minute dive Tuesday midway through a flight from Spain to Germany, apparently killing all 150 people on board.

The Airbus A320 operated by Germanwings, a budget subsidiary of Lufthansa, was less than an hour from landing in Duesseldorf on a flight from Barcelona when it unexpectedly went into a rapid descent. The pilots sent out no distress call and had lost radio contact with their control centre, France's aviation authority said, deepening the mystery.

While investigators searched through debris from Flight 9525 on steep and desolate slopes, families across Europe reeled with shock and grief.

Sobbing relatives at both airports were led away by airport workers and crisis counsellors.

"The site is a picture of horror. The grief of the families and friends is immeasurable," German Foreign Minister Frank-Walter Steinmeier said after being flown over the crash scene. "We must now stand together. We are united in our great grief."

It took investigators hours to reach the site, led by mountain guides to the craggy ravine in the southern French Alps, not far from the Italian border and the French Riviera.

Video shot from a helicopter and aired by BFM TV showed rescuers walking in the crevices of a rocky mountainside scattered with plane parts.

Photos of the crash site showed white flecks of debris across a mountain and larger airplane body sections with windows. A helicopter crew that landed briefly in the area saw no signs of life, French officials said.

"Everything is pulverized. The largest pieces of debris are the size of a small car. No one can access the site from the ground," Gilbert Sauvan, president of the general council, Alpes-de-Haute-Provence, told The Associated Press.

The White House and the airline chief said there was no sign that terrorism was involved, and German Chancellor Angela Merkel urged reporters not to speculate on the cause.

"We still don't know much beyond the bare information on the flight, and there should be no speculation on the cause of the crash," she said in Berlin. "All that will be investigated thoroughly." THE ASSOCIATED PRESS



A rescue helicopter flies over debris of a Germanwings passenger jet that crashed Tuesday in a remote section of the French Alps, sounding like an avalanche as it scattered pulverized debris across the mountain. The jet was carrying at least 150 people from Barcelona to Duesseldorf. All aboard were assumed killed. CLAUDE PARIS/THE ASSOCIATED PRESS

THE VICTIMS

A stunned German town mourned 16 students and two teachers who went down aboard Germanwings Flight 9525 on their way home Tuesday from a Spanish exchange, while the opera world grieved for two singers who were returning from performing in Barcelona — one of them with her baby.

"This is surely the blackest day in the history of our town," a visibly shaken Mayor Bodo Klimpel said after the western town of Haltern was shocked by the news.

Some hugged and cried in front of the Joseph Koenig High School, where the 10th graders had studied, and put candles on its steps. THE ASSOCIATED PRESS

> **The site is a picture of horror. The grief of the families and friends is immeasurable. We must now stand together. We are united in our great grief.**
> German Foreign Minister Frank-Walter Steinmeier

AFGHANISTAN

Protesters flood Kabul, demand justice over mob killing of woman

Thousands marched through the Afghan capital Tuesday, demanding justice for a woman who was beaten to death by a mob after being falsely accused of burning a Qur'an.

Men and women of all ages carried banners bearing the bloodied face of Farkhunda, a 27-year-old religious scholar killed last week by the mob. Farkhunda, who went by one name like many Afghans, was beaten, run over with a car and burned before her body was thrown into the Kabul River.

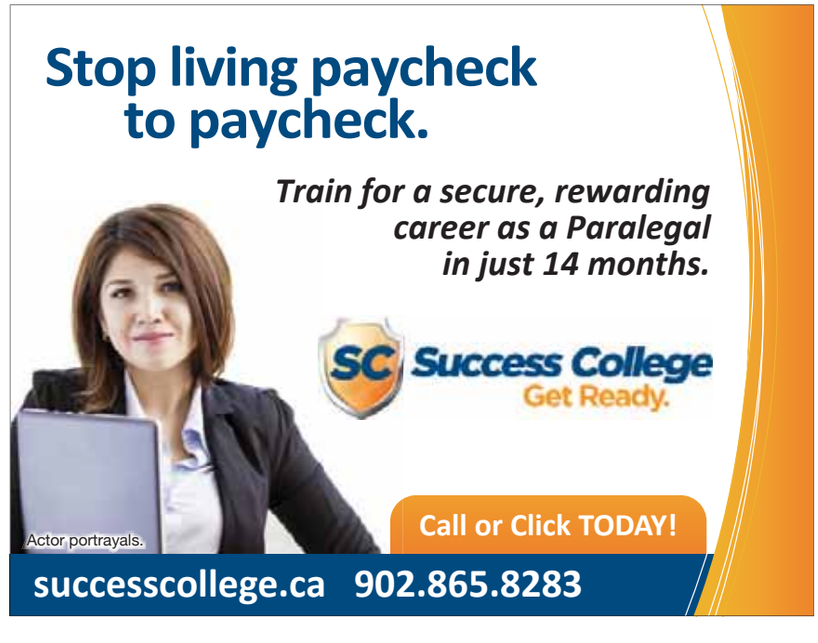
Organizers of Tuesday's march — the second protest over the brutal slaying in as many days — estimated that up to 3,000 people took part, calling it one of the biggest demonstrations in Kabul's history. Marchers chanted "Justice for Farkhunda!" and "Death to the killers!"

Amrullah Saleh, a political leader and former director of the intelligence service, the National Directorate of Security, said the demonstrators sought to make Farkhanda an icon of the struggle against "injustice, mob court, street violence, violence against women, lawlessness, extremism" and, especially, the injustice suffered by women.

"She is an example of probably what has happened silently to many," Saleh told The Associated Press. "She drew a line with her blood between those who want justice, rule of law, and those who are extreme in their views and who breed in lawlessness."

The Interior Ministry said 28 people have been arrested and 13 police officers suspended as part of investigations. Also, the spokesman for the Kabul police, Hashmat Stanikzai, was fired over comments he made on social media supporting Farkhunda's killers. Stanikzai could not be immediately reached for comment.

The Taliban issued a statement on Tuesday, condemning the attack and calling it a conspiracy that uses "the name of the Qur'an to kill innocent civilians." It also extended condolences to Farkhunda's family. THE ASSOCIATED PRESS





Falling prices at the pumps last year, as seen at this Ontario gas station in December, played a big role in slowing Canada's annual inflation rate to 1.5 per cent in December compared with two per cent in November. DOUG IVES/THE CANADIAN PRESS

Oil price shock affects provinces differently

ECONOMY

Ontario, B.C. could lead country in growth rate

Canadian households may save an average of $800 at pumps in 2015 — but as much as $600 of those savings will go to paying for the higher costs of imported consumer goods, TD Economics says in its latest forecast on the economy.

Overall, TD trimmed its outlook for the Canadian economy, as it predicted that lower prices for crude oil will take a bite out of corporate profits and business investment. That, in turn, will lead to lower consumer spending and a softer job market, according to the report released Tuesday.

On the plus side, a weaker Canadian dollar, and growth in the key U.S. export market, will help offset the negative effects of the collapse in crude.

"We anticipate that the Canadian economy will weather the current oil-price storm, with calm seas expected to follow the current choppy waters," said the report, written by economists Craig Alexander, Derek Burleton and Randall Bartlett.

> **It's a horse race between Ontario and B.C.**
> Craig Alexander, TD chief economist

TD estimates that the economy will expand by 1.9 per cent this year, down from 2.3 per cent in its earlier forecast.

"It's pretty close to the long-run average pace of growth we're going to see in the economy," Alexander, TD chief economist, said in an interview.

The oil price shock — crude prices are trading at less than half of last year's peak — will be seen in huge regional differences on the economy.

For the first time in more than a decade, Ontario could be the fastest-growing province in the country, Alexander said.

"It's a horse race between Ontario and B.C. Those provinces are going to feel like things are getting better. Growth rates will get close to three per cent," Alexander said.

"You can have a debate about whether Alberta will be in recession, but it's going to feel like one." TORSTAR NEWS SERVICE

ONLINE VIDEOS

Service bets fans will pay for early access

Would you pay to see some of the Internet's best video clips first? Vessel, a new service trying to change the way that short video pieces make money on the Internet and mobile devices, is betting on it.

Instead of free-for-all distribution supported solely by advertising, Vessel will charge $3 per month for exclusive early access to clips of musicians, sporting events, comedians and many other forms of entertainment not available on YouTube or any other digital video service for at least three days. CEO Jason Kilar, formerly head of Hulu Plus, believes Vessel's model will be able to pay video producers about $50 per 1,000 views of their clips on the site. That compares with just $2.20 per 1,000 views of ad-supported video at sites such as YouTube, Kilar says.

The extra money, in theory, will provide digital video producers with the means and incentive to create even better content that will prod more people to subscribe to Vessel. The same "virtuous cycle" has enabled Internet video service Netflix to finance more of its own original programming and pay more money to license compelling entertainment while its audience has nearly tripled to 57 million customers from 20 million in the past four years.

> **We think this is going to be ... like the advent of cable and satellite television in the 1970s.**
> Vessel CEO Jason Kilar

"We think this is going to be a really big deal, like the advent of cable and satellite television in the 1970s," Kilar, 43, says of Vessel.

Vessel so far has about 70,000 video clips separated into about 160 categories, including sports, comedy, music, video games and food. Many clips are free and supported by ads, just like most video on YouTube. Vessel's subscription side features videos from about 130 contributors. They include Emmy Award-winning actor Alec Baldwin, who is showcasing Love Ride, a series featuring him dispensing relationship advice in the back seat of taxis, and the online comedy duo of Rhett McLaughlin and Link Neal, who have more than three million subscribers on their YouTube channel. THE ASSOCIATED PRESS

market minute

DOLLAR 79.99¢ (-0.02¢)

TSX 15,081.26 (+124.05)

OIL $47.51 US (+6¢)

GOLD $1,191.40 US (+$3.70)

NATURAL GAS: $2.786 US (+5.3¢)
DOW JONES: 18,011.14 (-104.90)

Bikini Village sold

Lingerie and swimwear retailer Boutique La Vie en Rose plans to expand Bikini Village stores across Canada and abroad after reaching an agreement to buy the insolvent bathing-suit chain. CEO Francois Roberge said he paid less than $4 million for Bikini Village. THE CANADIAN PRESS

We need to talk.
RICK HOWE 9am-1pm
SHELDON MacLEOD 2pm-6pm
News 95.7
News.Talk.Sports.

metro VIEWS
Your essential daily news
Wednesday, March 25, 2015

PRO CON

Should we bomb Syria and Iraq?

YES: Canada needs to deny ISIL a safe haven.

ISIL fighters are crossing the border into Syria from Iraq to avoid our bombs. Airstrikes against ISIL, Prime Minister Stephen Harper argues, will keep the terrorist group on the defensive and unable to organize attacks on Canadian soil. The terrorist group has named Canada and Canadians as targets, in addition to saying people should be killed for not following its interpretation of religion.

NO: ISIL has no proven ability to attack on Canadian soil.

Expanding the mission to Syria would only help President Bashar al-Assad's regime, which is accused of serious crimes against its own people. Instead, an effective public relations campaign would help counter the group's ideology. Previous occurrences, such as the attack on Parliament Hill, were committed by lone-wolf, homegrown terrorists.

How climate change is like World of Warcraft

THE SCIENCE
Stephanie Orford



Any military strategist, chess player or World of Warcraft gamer will tell you that winning isn't just about reacting to the situation at hand. If you really want to get ahead, you need to understand the big picture, have a strategy, and make each move with your end goal in mind.

Canada should battle climate change the same way.

Wherever humans adapt to climate change, we stand to do even more damage if we're not careful, according to a study published in the March issue of Nature Climate Change. Applying computer modelling to more than 40 years of climate data, the researchers found that in the U.K., the warming climate could supercharge the country's agricultural potential.

Reaping these benefits without thought to their consequences, however, would have significant negative effects downstream — literally.

The increased amounts of fertilizer needed for this expanded agricultural output would impact water quality, potentially causing U.K. rivers and streams to become choked up with algae, killing off existing ecosystems, degrading water quality.

This scenario could easily apply to Canada. We have a similarly temperate climate and more than eight times the cultivated land of the U.K.

If we don't consider — and regulate — the environmental effects of expanding our agriculture, the negative effects of taking advantage of greater arable land in Canada could be equally magnified.

Agriculture isn't the only area where adaptations could cause damage, say the authors. The same effect could happen in sectors including power, forestry and fisheries — all crucial components of Canada's economy.

If managed wisely, Canada's vast natural resources hold great opportunities to adapt to climate change. They also pose great risk if they're mismanaged. Biofuels — a "green" energy source that may do more harm than good — are a good example.

A 2014 report by the United Nations warned that growing crops for the production of biofuels drives up food prices by decreasing the availability of land available for food cultivation, puts pressure on the water supply, and still harms the environment with carbon emissions.

The Canadian Arctic is another area where we need to tread carefully. As the Arctic thaws, would expanding our development and agriculture there create greater prosperity? Possibly in the short-term, but it also has the potential to damage one of the world's most fragile wildlife habitats.

To continue fighting climate change and adapt to the changes that are already happening, we need to shift our perspective profoundly, weighing the risks and benefits of each adaptation to make sure we're not trading one environmental disaster for another.

As the study's authors say: "Instead of waiting for ecosystems to be in danger and then trying to save them, we can anticipate a potential problem and do something about it before it becomes an actual threat."

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD
metroview



"We may have reproductive freedom, but economic freedom?"

A freezer is a time machine, according to my parents. Cooked pasta, blocks of cheese — they've never met a food they won't freeze and expect to retrieve months later, unchanged.

It's the same logic driving a wave of women into fertility clinics to press "stop" on their biological clocks.

Elective egg freezing, once a fringe movement, is becoming mainstream. The U.S. company EggBanxx hosts "egg freezing parties." A Vancouver fertility clinic has seen the number of interested women triple in the last five years.

For a price of $7,000 to $11,000, plus extra for storage in a -197 C liquid-nitrogen filled tank that resembles a large soup pot, young women in cities across the country can freeze time for their eggs, like the stalled decay of dad's two-year-old chili.

I say that's fantastic. For the young and female who might want kids someday, 35 is the baby-making cliff, after which the chance of getting pregnant plummets. Egg-freezing gives you more time to get an education, find a partner and earn lots and lots of money.

Because if a woman wants to unfreeze and implant her egg — for another few thousand dollars — and then actually raise her child alone, she'd better be rich.

We may now have reproductive freedom, but economic freedom? Hardly.

Even for the relatively privileged pulling in $80,000, like my friend, Sarah, let's call her.

Sarah spent $11,000 to freeze her eggs because, like many others making the decision, she wants a child, but so far hasn't met the right partner. She didn't balk at the fertility costs. The number that finally got her was the cost of raising a kid in Toronto. Even with a great salary, she'd be left, she says, living in relative poverty. After rent and insurance, there' would be only a few hundred dollars left each month from her mat-leave pay to cover food, transit, diapers and whatever else a baby needs — and that assumes she would keep living in a one-bedroom apartment.

Granted, Sarah lives in one of the country's most expensive cities. But increasingly, so do most of us. The cost of living in Vancouver or Calgary isn't cheap, either.

What's the good of reproductive freedom if you can't afford a child on your own? And what does it say about our cities if a generous $80,000 isn't enough?

Fertility clinics catering to single, baby-wanting women aren't responsible, of course, for informing Sarah and others about the cost of the actual baby. But the clinics may need to find some extra storage to house those frozen vats of eggs, because more and more single women aren't going to admit reproductive defeat. Economic defeat may be another matter.

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Instagram aristocrats Pg. 20

Your essential daily news
Wednesday, March 25, 2015

Top plating trends for spring

FOOD

Add flare to your dinner party with these tips from Canada's top chefs

Vawn Himmelsbach
For Metro

As the days get warmer, chefs are switching to fresher, lighter fare and designing plates to match. Metro talks to some of Canada's top chefs about on-trend plating for spring and how to copy their looks at home to impress dinner guests — no chef tweezers or ring moulds required.

"Let's be honest, we're slaves to Instagram," said Chef Brett Howson of Toronto's Parlor Foods & Co. Thanks to social media, presentation is more important than ever. "Flavour comes first, but we all know we eat with our eyes."

To create a lighter feel on the plate, chefs are plating along the sides or corner, or even plating on the rim. "It creates that negative space and lightens things up," said Chef Duncan Ly with Calgary's Kensington Riverside Inn.

Colour is another trend, say top chefs, as people long for the vibrant pop of spring. This is achieved through the use of petite vegetables such as baby radishes and heirloom carrots, as well as micro-greens, herbs, shoots, buds and edible flowers.

"As we move into spring, we want the plate to look light and have more height so that it has the appearance of sprouting and new beginnings — because it's like a renewal in the spring," said Chef Vanessa Bourget with Vancouver's Exile Bistro.

But simplicity can still involve complexity. "You want it to be complex in flavour, but you want it to look effortless," she said.

These days, even Michelin-starred chefs are taking a simpler approach to food, said Chef Craig Flinn with Chives Canadian Bistro in Halifax. "There are a smaller number of elements on a plate," he said, "but they're perfectly executed."

Flinn also suggested creating a more casual feel on the plate, but emphasizing elegance. "We're trying to get away from the plain white plate," he said. That means using different textures, such as wood, stone, tile and even handmade pottery.

"The trend is moving away from contrived-looking food to a more natural, free-flowing style of presentation," said Ly. "With farm-to-table being more trendy, we see more of that rustic-looking plate ware."



VANCOUVER

1 Tall spirals

Chilled risotto with truffles, shaved fennel, purple carrots and candy-cane beets for garnish, with a huckleberry peppercorn vinaigrette. Chef Vanessa Bourget with Vancouver's Exile Bistro recommends using a spiralizer to create tall, spiral shapes that add height and dimension to a dish. She also recommends plating "off to the side," to create negative space.

WITH FILES FROM THANDI FLETCHER/METRO VANCOUVER



Plating is just a residual of people looking at food in more artistic ways, so you're using the same principle as a painting
Chef Vanessa Bourget with Vancouver's Exile Bistro

Fast-forward to being
mortgage-free.



HALIFAX

2 Rustic elegance

Cauliflower curry with spice-crusted halloumi cheese and spring asparagus. "Whatever that food is resting on is a key, well-thought-out part of what you're experiencing — a beautiful, rustic slab of pine or oak that appears to be a charcuterie board ... It's rustic and sensual at the same time," said Chef Craig Flinn of Halifax's Chives Canadian Bistro.

PHOTO: JEFF HARPER/METRO HALIFAX





TORONTO

3 Colour pop

Québécois cheval tartare with gherkins, shallots and Pommery mustard served on a piece of roasted bone marrow, cut canoe-style and served on a long, colourful platter. It's topped with chives, parsley, coriander stems, sorrel, capers, shallots, pickled red onions and house-made potato chips — with a splash of Tabasco. "This is the 'I'm tired of the cold winter and ready for spring' version," said Chef Brett Howson of Toronto's Parlor Foods & Co. PHOTOS: LIZ BEDDALL/METRO TORONTO





CALGARY

4 Soup on the side

Garlic soup with crispy fried escargot, shaved radishes, micro-herbs and flowers, a fresh herb purée and a clam tuile (or clam cracker). A hot trend for spring is serving tableside sauces, broths and soups — an easy plating trend to copy at home. It allows you to "get that visual impact of the dish first before you pour the soup or sauce in," said Chef Duncan Ly with Calgary's Kensington Riverside Inn. WITH FILES FROM JENNIFER FRIESEN/METRO CALGARY

AT-HOME TIPS

- Head to a farmers market and pick up in-season vegetables like asparagus, fiddleheads and kale.
- Stay away from plain white plates; look for rustic, natural textures. Or go retro with grandma's old plates.
- Create negative space for visual impact by plating food in a "C" shape, in the corner or around the rim of the plate.
- Try serving sauces and even starches on the side, for a more refined, elegant presentation.

DRINKS

Seasonal Canadian beer

LIQUID ASSETS

Peter Rockwell
@therealwineguy



As bearded hipsters and the exploding population of beer nerds raise a glass to craft beer here in Canada, European innovative brews have been a part of the liquor landscape for centuries.

The trend by our local brewers to bottle seasonal offerings (those made to celebrate a certain time of year or with special ingredients) is a page ripped right out of the Euro brewmaster's handbook.

In Germany, winter can hang on as long it does here, so breweries have taken to creating variations on their famous Bock style of beer to match the season cycle.

Considered a strong lager, a Bock is generally malty, dark and boozy, which fits the winter months like a glove.

Though still high in alcohol (seven per cent), a Maibock is a golden interpretation with a softer, smoother mouth-feel to match with spring.

Holsten's Maibock (500 ml, $2.50 – $3.49) is actually made all year, with enough sweet maltiness to pair with ham, pork and spicy cuisine.



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PANTRY STAPLE

Sriracha now a tourist destination

NUTRI-BITES

Theresa Albert
myfriendinfood.com

It took 50 years for spicy lover Sriracha to evolve from its humble beginnings in a kitchen in 1930s Thailand to an international hot sauce that only those who love Asian foods would know in the 1980s.

But now, the heat is on everyone's lips. A recent food and travel report named San Francisco the top culinary destination for food lovers last fall, citing the city's love affair with Sriracha sauce as one of its star attractions. The sauce is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken.

The original special blend of peppers, vinegar, salt and sugar comes in a simple squeeze bottle with a rooster on it (commonly known as "cock sauce") and a green lid. It is a flavour that is unseating chipotle (even before everyone has stopped mispronouncing it as "chip-pole-tea").

Everything from potato chips to sandwiches now has the Sriracha (see-raw-cha) moniker — if not the flavour.

Pick up the original at any grocer and use it in creative ways:

- A few squirts in spice bread, banana loaf or chocolate cake will add a complex je ne sais quoi
- Mix with cream cheese and top scrambled eggs
- In Bloody Caesar or Bloody Mary mixes
- Add to lime peel and coarse salt and use as a rimmer for margaritas
- Toss sliced apples into a teaspoon of sauce and slip into a grilled cheese
- Mix into melted butter and garlic and spread onto baguette for instant spicy garlic bread

And when you have exhausted your passion for this sauce, move on to the next hottest thing: kimchi.



AFP FILES

Ugly Food finds beauty and savings in flaws

FOOD

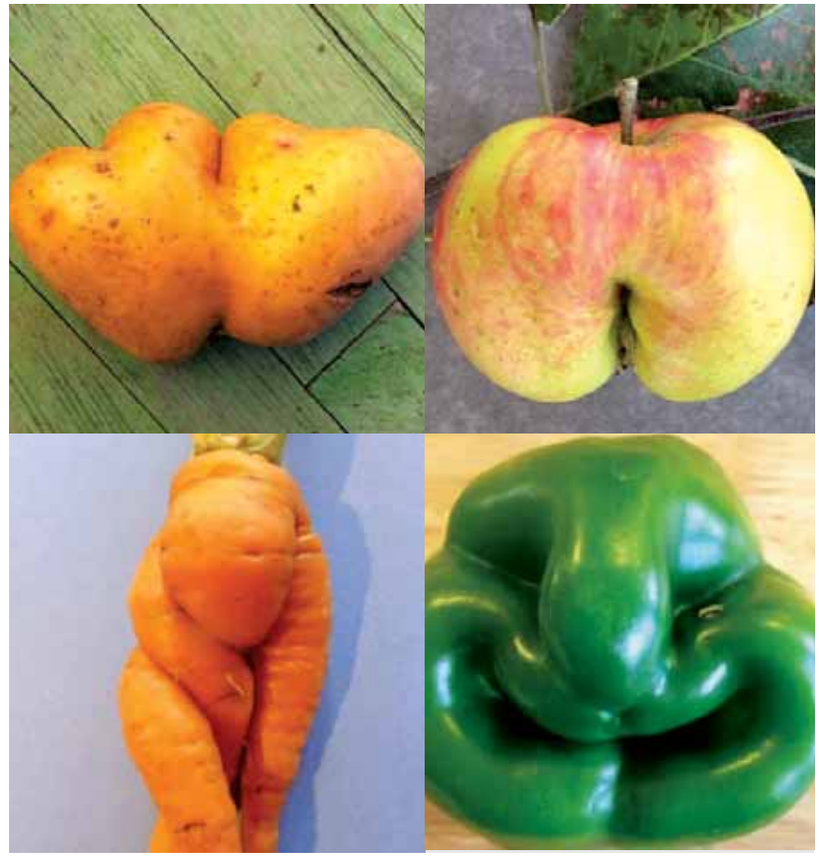
The imperfect produce craze may help to reduce waste

For anyone who's snapped an Instagram picture of a bowl of fruit (10 million photos prove people do) and admired its natural beauty and symmetry, take note: Don't judge a fruit by its skin.

The Ugly Food trend that emerged in Europe to reduce food waste is taking off. And judging by the thousands of photos of misshapen apples, and mutant carrots hashtagged #UglyFood and #UglyFruit, people are discovering the unique visual beauty in imperfect produce.

A 2015 report estimates food waste globally may amount to as much as $400 billion a year.

Some European supermarkets have joined the race against food waste in the form of smart marketing and repackaging campaigns. Among them are UK ASDA's Wonky Fruit and Vegetables, Woolworth's Odd Bunch, and Intermarche in France selling Inglorious Fruits and Vegetables. Closer to home, Loblaws launched its Naturally Imperfect brand, selling ugly fruits and veggies for 30 per cent off. METRO



People are discovering the beauty in imperfect produce. INSTAGRAM: @UGLYFRUITANDVEG

FASHION

Joe Fresh departure planned months ago

While his departure from Joe Fresh may have seemed sudden, Joe Mimran said the transition had been months in the making.

Mimran said he'd been planning the move for the last 18 to 24 months with Galen Weston, president of grocery giant Loblaw, which owns the Joe Fresh brand.

Mimran said the number of years he had devoted to the industry was among his reasons for stepping down.

"We've been talking a lot about succession and how do you do it right and how do we do it properly and how do we do it without disrupting the marketplace," Mimran said in an interview at Toronto's World MasterCard Fashion Week.

"There's been a lot of thought that's gone into it."

Company president Mario Grauso has now taken the reins of the affordable apparel label. But Mimran said he still remains under contract for 10 days a year for the next few years.

"That's a lot for a creative person. You can do a lot in that time."

For years, Mimran and Joe Fresh were a familiar presence on the Toronto runway. That all changed last fall when Mimran announced the label was ending future presentations, saying all shows would be geared towards the wholesale market.

On Monday, Mimran found himself in the role as style spectator for Pink Tartan, the womenswear label where his wife, Kimberley Newport-Mimran is president and head designer.

"It's very different for me," he admitted.

"I kind of miss the action of the show and sort of the adrenalin rush you get from a show. But, I also don't miss the pressure. It's nice for me to be able to just switch gears."

Mimran is getting ready for his close-up as he joins the business bosses fielding pitches from eager entrepreneurs on the CBC-TV series Dragons' Den.

Mimran said he is excited to hear of the new ideas and ventures when he films the new season airing this fall.

"The fashion business is the hardest business in the world and I think people will acknowledge that," he said. "I think that I will come in with a really interesting perspective on how hard it is to be in business and how it changes and how you have to be resilient." THE CANADIAN PRESS



Joe Mimran greets the audience after the Joe Fresh show during Toronto Fashion Week. CHRIS YOUNG/ THE CANADIAN PRESS

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Angelina Jolie goes back under the knife

CANCER

Actress has preventive surgery to remove ovaries



Angelina Jolie ALL PHOTOS GETTY IMAGES

Oscar-winning actress Angelina Jolie revealed Tuesday that she has undergone more preventive surgery, having her ovaries and fallopian tubes removed in hopes of reducing her risk of cancer.

Writing in the New York Times, the filmmaker and philanthropist said that a recent blood test showed a possible early sign of cancer. The news came as a blow to the star, as she has already had a double mastectomy.

"I went through what I imagine thousands of other women have felt," she wrote. "I told myself to stay calm, to be strong, and that I had no reason to think I wouldn't live to see my children grow up and to meet my grandchildren."

Jolie, 39, revealed two years ago that she carries a defective breast cancer gene that puts her at high risk of developing breast and ovarian cancer.

Her mother died of ovarian cancer, and her maternal grandmother also had ovarian cancer — strong evidence of an inherited, genetic risk that led the actress to have her healthy breasts removed to try to avoid the same fate.

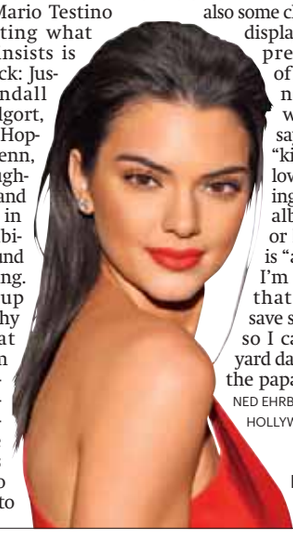
The average woman has a 12 per cent risk of developing breast cancer sometime during her life. Women who have inherited a faulty BRCA gene are about five times more likely to get breast cancer.

Jolie said that while having the gene mutation alone was not a reason to resort to surgery — other medical options were possible — her family history influenced her decision to have further surgery now.

THE ASSOCIATED PRESS

YOUNG HOLLYWOOD

Biebs and Kendall the new Brat Pack?



Kendall Jenner

Vogue has tasked veteran photographer Mario Testino with documenting what the magazine insists is the new Brat Pack: Justin Bieber, Kendall Jenner, Ansel Elgort, Gigi Hadid, and Hopper and Dylan Penn, the son and daughter of Sean Penn and Robin Wright — in their natural habitat, lounging around a pool and pouting.

And the group even gets a catchy new name that only makes them more insufferable: The Instagram Aristocracy. And if the photos of the kids aren't enough to make you want to climb onto an ice floe, there are also some choice quotes displaying an impressive lack of self-awareness, like when Bieber says he's been "kind of on the low, just working on the new album" lately or how Jenner is "aware when I'm at the gym that I need to save some energy so I can do a 40-yard dash" to avoid the paparazzi.

NED EHRBAR/METRO IN HOLLYWOOD

SERIES REBOOT

The truth is out: X-Files returns



Fox has announced that your favourite '90s paranormal activity show is returning for a special six-episode season.

That's right, The X-Files is returning to TV, and with its creative team largely intact, too. Creator Chris Carter is on board, as are stars David Duchovny and Gillian Anderson.

Carter referred to the show's years off the air as a "13-year commercial break" and added: "The good news is the world has only gotten that much stranger, a perfect time to tell these six stories." Production starts this summer, but an air date has not been set yet.

LISA WEIDENFELD/METRO IN NYC

PRETTY WOMAN

How Julia hooked Richard



Stars Richard Gere and Julia Roberts reunited with director Garry Marshall on the Today show to celebrate the film's 25th anniversary, and Gere recounted how meeting Roberts put an end to his waffling about signing on for the project.

"We loved each other immediately. It was a nice thing. But to be honest, I didn't know if I was doing this movie yet," Gere says. "(Marshall) calls up and is kind of like, 'How's it going?' ... She takes a piece of paper and she's writing something on it ... and she pushes it to me and it said, 'Please say yes.'" NED EHRBAR/METRO

WOMAN IN GOLD

Reynolds inspired by Klimt



If Ryan Reynolds hadn't gone backpacking in Europe in the '90s, he might not have ended up costarring with Helen Mirren in the film Woman in Gold.

The actor says he visited Vienna's Belvedere Palace and viewed Gustav Klimt's Portrait of Adele Bloch-Bauer I — and even picked up a fridge magnet as a souvenir. When producer Harvey Weinstein called to ask him to appear in the movie about the painting, he says it sparked something. THE ASSOCIATED PRESS



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Weeknights at 6 Kat counts down the HOTTEST songs of the day

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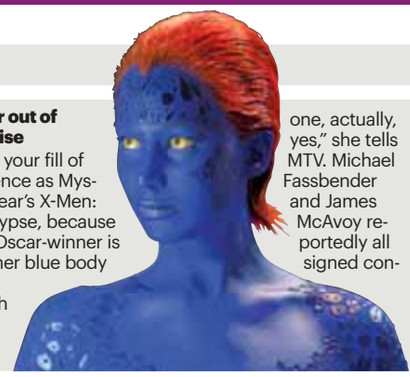
ENTERTAINMENT IN BRIEF

HBO lets the Dogg in
Snoop Dogg has teamed up with HBO as producer on a new family drama on the network. Snoop will likely draw on memories of his Long Beach upbringing to produce the series, which centres on an L.A. family in the 1980s. The untitled project is still in the early development stage. AFP



Snoop Dogg. GETTY IIMAGES

JLaw to slither out of X-Men franchise
You better get your fill of Jennifer Lawrence as Mystique in next year's X-Men: Age of Apocalypse, because after that the Oscar-winner is putting away her blue body paint and calling it quits with the franchise. "It is my last one, actually, yes," she tells MTV. Michael Fassbender and James McAvoy reportedly all signed contracts for three films. Co-star and ex-boyfriend Nicholas Hoult, on the other hand, said he is open to negotiation. NED EHRBAR/METRO



GETTY IIMAGES

Ben there, done that
Ben Stiller and Owen Wilson made Zoolander fans giddy when they closed the Valentino show during Paris Fashion Week this month. It was a manoeuvre to announce Zoolander 2, due out next year. "I was a little surprised," Stiller said. "I mean it's been 15 years since the movie came out so we really didn't know if people ... cared, and it was nice to know that there was a little bit of a connection there." THE ASSOCIATED PRESS

Cuthbert finds her One Big Happy

TELEVISION

Actress dishes on working with Ellen

Lisa Weidenfeld
Metro | New York City



Elisha Cuthbert, left, is Lizzy, and Kelly Brook is Prudence in One Big Happy. CONTRIBUTED

Elisha Cuthbert has come a long way from staring down a cougar as Jack Bauer's oft-imperilled daughter on 24.

After a stint as the slightly daffy Alex Kerkovich on the much-loved but tragically cancelled Happy Endings, Cuthbert decided to stick with comedy, and found her way to One Big Happy.

The show, produced by Ellen Degeneres, finds her playing Lizzy, a lesbian who decides to have a baby with her straight best friend Luke (Nick Zano) just as he marries Prudence (Kelly Brook).

What made you decide to move on to this show from Happy Endings?
I think I took the longest time to get on something else. Everyone was so brilliant on that show that it was a weird thing where I didn't know what to do after that. I was a little bit shell-shocked.

But you knew you wanted to stick with comedy?
I just had so much fun on Happy Endings that I felt like this was the perfect transition for me, and to be in front of a live audience is mind-blowing.

Is it scary to go out in front of the crowd?
I got used to the workload that would come with it. I love the schedule, but I will never get over the fear. I feel like the fear is never going to leave me.

I don't know how other sitcom actors — like the Friends cast or Seinfeld — I don't know how they felt about it ... but I would love to know. Because I'm petrified until that first take.

What kind of feedback does Ellen provide?
Great notes. She comes and warms up the audience, which is terrifying, because then we have to follow the funniest human being.

TV PREMIERE

Don't hold your breath for the next George R.R. Martin book

George R.R. Martin has been feeling the heat to finish The Winds of Winter, the long-awaited sixth novel in his bestselling series, A Song of Ice and Fire, but he is not letting the pressure rush his writing.

"There is more pressure every year," Martin said Monday in San Francisco at the U.S. premiere of the fifth season of Game of Thrones, the HBO television series based on his books. "The main thing is to make the book as good as I can possibly make it."

Martin, 66, has completed five of seven planned novels: The most recent, A Dance With Dragons, came out in 2011, the same year the Emmy-winning television adaptation first aired. With this season, the series will have exhausted almost all the material from the existing books.

"Fifty years from now nobody is going to care how frequently the books came out," he said. "They will care if the books are as good as they can possibly be, if the books stand the test of time. That's what I struggle with as I write." THE ASSOCIATED PRESS



George R.R. Martin. GETTY IMAGES



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The discount will be deducted from the negotiated selling price before taxes are applied. Dealer may sell for less. Offer cannot be combined with some other offers. Cash purchase not available. Offers subject to change without notice. Offers valid between March 3 – March 31, 2015. ≠Lease based on approved credit through Nissan Canada Finance at participating dealers. Offer valid between March 3 – March 31, 2015. Offer is based on stackable trading dollars. Offer is available to eligible customers for a limited time on approved credit only. The discount will be deducted from the negotiated selling price before taxes are applied. Dealer may sell for less. Offer cannot be combined with some other offers. Cash purchase not available. Offers subject to change without notice. Offers valid between March 3 – March 31, 2015. ≠Lease based on approved credit through Nissan Canada Finance at participating dealers. 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All Eligible Services must be completed during the Service Period, otherwise they will be forfeited. The Offer may be upgraded to use premium oil at the recipient's expense. The Eligible Services are not designed to meet all requirements and specifications necessary to maintain the Eligible Vehicle. To see the complete list of maintenance necessary, please refer to the Service Maintenance Guide. Any additional services required are not covered by the Offer and are the sole responsibility and cost of the recipient. Offer may not be redeemed for cash and may not be combined with certain offers NCESI reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. Ask your retailer for details. ^Representative monthly lease offer based on any new 2015 Micra S 5MT (S5LG55 AA00)/2015 Sentra 1.8 S Manual Transmition (C4LG55 AA00)/2015 Altima 2.5 CVT Transmission (T4LG15 AA00)/2015 Rogue S FWD CVT transmission (Y6RG15 AA00). 4.99%/0.9%/0%/1.99% lease APR for a 60/60/60/60 month term equals monthly payments of $127/$165/$236/$258 with $998/$0/$0/$0 down payment, and $0 security deposit are due at lease inception. Prices and payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $8,621/$9,900/$14,177/$15,491. $250/$30 Dealer participation included only on the 2015 Micra S 5MT (S5LG55 AA00)/2015 Sentra 1.8 S M6 (C4LG55 AA00) included in advertised amount. $500 NCF lease cash included on advertised offers, only applicable on 2015 Altima 2.5 CVT Transmission (T4LG15 AA00). These offers are only valid from March 3 - 31, 2015. $750/$1,000/$1,000 Cash Bonus included in advertised amounts. Dealer order/trade may be necessary. Conditions apply. ♦Models shown $16,217/$26,765/$35,543/$36,348 Selling price for a new 2015 Micra* KROM MT (S5RG55 KR00)/2015 Sentra 1.8 SL (C4TG15 AA00)/2015 Altima 3.5 SL CVT (T4SG15 NV00)/2015 Rogue SL AWD Premium (Y6DG15 BK00). $1,000 Cash Bonus not included in model shown. ♦♦♦Freight and PDE charges ($1,450/$1,567/$1,695/$1,750) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. Offers valid between March 3 - 31, 2015. ‡Based on GAC (AAWC) Intermediate segmentation. All information compiled from Natural Resources Canada Fuel Economy data and third-party sources, including manufacturer websites. November 26, 2014. ‡Based on 2014/15 Nissan Sentra (3,144L), 2015 Honda Civic (3,031L) and 2015 Toyota Corolla (3,213L) Annual fuel consumption ratings based on Natural Resources Canada's approved test methods and data from 2015 vehicle models. Your actual fuel consumption will vary based on road conditions, driving habits and your vehicle's equipment options. For more information, see www.nrcan.gc.ca/fuelconsumption. ±Based on 2014/15 Nissan Sentra (3,144L), 2015 Honda Civic (3,031L) and 2015 Toyota Corolla (3,213L) Annual fuel consumption ratings based on Natural Resources Canada's approved test methods and data from 2015 vehicle models. Your actual fuel consumption will vary based on road conditions, driving habits and your vehicle's equipment options. For more information, see www.nrcan.gc.ca/fuelconsumption. ^Based on 2014/15 Nissan Sentra (3,144L), 2015 Honda Civic (3,031L) and 2015 Mazda3 (3,240L) Annual fuel consumption ratings based on Natural Resources Canada's approved test methods and data from 2015 vehicle models. Your actual fuel consumption will vary based on road conditions, driving habits and your vehicle's equipment options. For more information, see www.nrcan.gc.ca/fuelconsumption. ∞Based on 2014/15 Nissan Sentra (3,144L), 2015 Honda Civic (3,031L) and 2015 Toyota Corolla (3,213L) Annual fuel consumption ratings based on Natural Resources Canada's approved test methods and data from 2015 vehicle models. Your actual fuel consumption will vary based on road conditions, driving habits and your vehicle's equipment options. For more information, see www.nrcan.gc.ca/fuelconsumption. +Based on 2014/15 Nissan Sentra (3,144L), 2015 Honda Civic (3,031L) and 2015 Toyota Corolla (3,213L) Annual fuel consumption ratings based on Natural Resources Canada's approved test methods and data from 2015 vehicle models. Your actual fuel consumption will vary based on road conditions, driving habits and your vehicle's equipment options. For more information, see www.nrcan.gc.ca/fuelconsumption. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©1998 - 2015 Nissan Canada Inc. and Nissan Financial Services Inc. are Nissan Canada Inc., a division of Nissan Canada Inc.

metro DRIVE
Your essential daily news
Wednesday, March 25, 2015

A big truck that's light on its feet



THE CHECKLIST | 2015 FORD F-150

THE BASICS

Type. Two- or four-door full-size pickup truck.
Engines (hp/torque). 2.7-litre turbo V6 (325/375); 3.5-litre V6 (283/255); 3.5-litre turbo V6 (365/420); 5.0-litre V8 (385/387)
Transmissions. 6-speed automatic
Price. $24,899 (excluding destination)

COOL FEATURES

Available LED headlights, 360-degree camera, tailgate step, BoxLink cargo cleats, stowable loading ramps, side-mirror spotlights, self-parking system, and power-operated liftgate.



POINTS

- The new 2.7-litre V6 includes auto start/stop, which shuts off the engine at idle and restarts automatically when needed, for maximum fuel efficiency.
- It was named 2015 Truck of the Year by the Automobile Journalists of Canada (AJAC).

MARKET POSITION

The F-150 has been Canada's best-selling truck for 49 years. The aluminum body is a bit of a gamble, and Ford is working with the collision industry on the unique training and equipment needed to repair it.

THE COMPETITION



Chevrolet Silverado
Base price: $27,000



Ram 1500
Base price: $28,195



Toyota Tundra
Base price: $27,820

REVIEW

The all-new Ford F-150 is a lighter-weight knockout

Jil McIntosh
For Metro

It doesn't get much more off-road than this scene: I'm up to the middle of my winter tires in snow, climbing a steep path cut into the hill of a quarry.

It's part of an event Ford held recently in Quebec to demonstrate the overall ability of its all-new 2015 F-150 pickup truck.

The biggest news about the popular F-150 is Ford's weight-saving decision. By replacing the steel body with one made entirely from aluminum and using a more high-strength steel in the frame, Ford has changed its game entirely.

Weight loss can improve fuel economy and also the truck's overall capability, since the ratings include the weight of the truck, plus everything it's carrying and towing. By reducing the truck's weight you can essentially transfer that amount to the load. The new F-150's maximum payload is now 1,497 kg (3,300 lbs.), while top towing rises to 5,534 kg (12,200 lbs.). Three engines are carried over from the 2014 model: a naturally aspirated 3.5-litre V6, turbocharged 3.5-litre EcoBoost V6, and 5.0-litre V8. There's also an all-new turbocharged 2.7-litre EcoBoost V6 that does an excellent job.

The idea behind the turbo engines is that they provide bigger-engine power when it's needed, but deliver smaller-engine fuel efficiency when not. That said, if you're the type who drives with your foot to the floor, or tow a great deal, you will probably use far more fuel than the published figures suggest.

I like how the F-150 drives: Even though it's a big truck, that weight loss and its smooth steering make it feel like it's smaller.

If there are any complaints, it's that the ride can get bouncy on rougher roads, and the interior, while much improved, isn't as notable as some of its competitors. However, the truck is impressive overall, whether tackling dry pavement, or the ice and snow of a rural Quebec road in winter. The pickup truck segment seldom sees a change as massive as the F-150's construction, but I think this model is going to remain as popular with buyers as it always has been.

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TECHNOLOGY

Dealership wants buyers in and out in 45 minutes

AUTO PILOT
Mike Goetz



Millennial drivers are looking for a faster car-buying experience. ISTOCK

Among all the retailing experiences out there, buying a new vehicle at a dealership remains a unique one.

You know the drill, and the steps, and all the dealership people you need to see as you progress through the deal.

Sometimes this process can take hours, especially on a busy day at the dealership.

A recent survey conducted by AutoTrader noted that customers seem happy enough as long as the whole thing doesn't take more than 1.5 hours.

The survey noted that once things hit the 2.5-hour mark, satisfaction with the car-buying process drops to "below average" levels. Good to know, but doesn't that sound like an observation from Captain Obvious? Waiting longer than you think it should take, for anything, is never a good recipe for satisfaction.

A new brand of customers — those tech-savvy millennials — are particularly touchy about waiting too long for their order to be completed at the dealership.

These customers are used to buying items online — and quickly. "Just a number of clicks, and there is your purchase the next day at your doorstep," says Chris Travel, of the marketing research and technology company, MaritzCX.

Based in Toronto, Travel keeps clients abreast of customer experience trends and ideas emanating from the automotive sector (on the automotive section of the CX Cafe blog), and he told us about a pilot project in the U.S. that aims to have car buyers in and out of the dealership in 45 minutes.

Sonic Automotive is one of the largest dealer groups in the U.S. and owns the EchoPark brand. Travel said Sonic recently spent "two to three million" to design and build a new car buying system it hopes to roll out to all its EchoPark stores in the U.S.

The first store to run with it is EchoPark Toyota in Thorton, Colo.

THE FUTURE

Chris Travel of marketing research company MaritzCX notes that Canadian retailers are also obviously aware of our desire for a shortened buying experience, and are tweaking their processes to do so. However, a lot of the major innovation in the area is happening in the U.S., where large corporations, like Sonic, have the economies of scale and the appetite to invest in systems and cultures that will challenge the status quo.

Here's how EchoPark can sell you a vehicle, start to finish, in 45 minutes or less:

- One non-commissioned staff member, called a Guest Experience Guide, is your sole dealership contact for the whole process.
- Vehicle prices are set, so no time is spent haggling and negotiating.
- As much as possible, vehicle selection, finance, and business office steps are completed on the guide's iPad, and much of that is possible through an increased acceptance of electronic signatures.
- Trade-in appraisals are done in your presence, using sophisticated third party used-vehicle databases.
- Document Specialists work in the background to streamline the legal stuff.

MASTER THE ROAD SALES EVENT

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Lease the 2016 ILX from
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*Selling price is $29,490 on a new 2016 Acura ILX (DE2F3GJX). Price excludes $1,995 freight and PDI, fees, license, insurance, registration and taxes. **Limited time lease offer based on a new 2016 Acura ILX (DE2F3GJX) available through Acura Financial Services on approved credit. Representative lease example: 1.9% lease rate for 36 months (78 payments). Bi-weekly payment is $198 with $0 down payment. 16,000 km allowance/year; charge of $0.15/km for excess kilometres. Total lease obligation is $15,444 (not applicable in Quebec). Lease payment includes freight and PDI of $1,995 and applicable fees but does not include lien registration fee of $36.00 in Quebec and up to $70.75 in other regions, and lien registering agent fee of $5.00, which are due at time of delivery. Taxes, insurance, license and registration fees (all of which may vary by region) are extra. Some terms/conditions apply. Model shown for illustration purposes only. Offers end March 31, 2015 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Visit acura.ca or your Acura dealer for details. © 2015 Acura, a division of Honda Canada Inc.

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Starting From Price for 2015 Jeep Patriot North Edition shown: $20,845.§



Starting From Price for 2015 Jeep Cherokee Limited shown: $30,795.§

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Starting From Price for 2015 Jeep Wrangler Sport S shown: $26,945.§



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Starting From Price for 2015 Jeep Grand Cherokee Overland shown: $56,995.§

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Wise customers read the fine print: •, ◊, △, ‡, †, ♦, ¥, «, § The Drive It Love It Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers between March 18 and 31, 2015. Offers subject to change and may be extended or changed without notice. All pricing excludes freight ($1,695), air-conditioning charge, licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. • $500 Bonus Cash is available on select new 2014/2015 Chrysler, Jeep, Dodge or Ram models at participating retailers from March 18 to 31, 2015. Bonus Cash will be deducted from the negotiated purchase/lease price before taxes. Excludes 2014 Chrysler 200 LX, 2015 Chrysler 200, 2014 Dodge Avenger CVP, 2014/2015 Dodge Grand Caravan CVP, 2014/2015 Dodge Journey CVP and SE Plus, 2014/2015 Dodge Dart (all models), 2014/2015 Jeep Patriot (all models), 2014/2015 Jeep Compass Sport (select models), 2014/2015 Jeep Cherokee (all models), 2014/2015 Ram Cargo Van, 2014/2015 RAM 1500 Regular Cab, ProMaster City and all 2014/2015 FIAT models. Offer available at participating Atlantic and Ontario retailers only. See retailer for complete details and exclusions. ‡Finance Put-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on select new 2014/2015 Jeep Cherokee (all models), 2014/2015 Jeep Patriot (all models), 2014/2015 Jeep Compass (select models), 2014/2015 Jeep Wrangler Sport (JKJL72), 2015 Jeep Wrangler Unlimited (JKJL74), 2015 Dodge Journey SE Plus, 2015 Dodge Grand Caravan SE Plus, 2015 Dodge Dart (all models), 2014/2015 Dodge Avenger (all models), 2014/2015 Chrysler 200 (all models), 2014/2015 Ram ProMaster City, 2015 Ram 1500 (Reg Cab 4x2 & 4x4), 2015 FIAT 500 Pop/500L Pop. 1% Rate Reduction applies on approved credit to qualifying subvented financing (transactions through RBC, TD Auto Finance & Scotiabank and Wrangler Sport (JKJL72), 2015, Jeep Compass (select models), 2015 Jeep Patriot, 2015 Cherokee (Sport 4x2), 2015 Jeep Renegade (all models), 2014/2015 Dodge Grand Caravan CVP, 2014/2015 Dodge Journey CVP and SE Plus, 2014/2015 Dodge Dart (all models), 2014/2015 Jeep Compass Sport (select models), 2014/2015 Jeep Cherokee (all models), 2014/2015 Ram Cargo Van, 2014/2015 RAM 1500 Regular Cab, ProMaster City and all 2014/2015 FIAT models. Offer available at participating Atlantic and Ontario retailers only. See retailer for complete details and exclusions. ‡Finance Put-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on select new 2014/2015 Jeep Cherokee (all models), 2014/2015 Jeep Patriot (all models), 2014/2015 Jeep Compass (select models), 2014/2015 Jeep Wrangler Sport (JKJL72), 2015 Jeep Wrangler Unlimited (JKJL74), 2015 Dodge Journey SE Plus, 2015 Dodge Grand Caravan SE Plus, 2015 Dodge Dart (all models), 2014/2015 Dodge Avenger (all models), 2014/2015 Chrysler 200 (all models), 2014/2015 Ram ProMaster City, 2015 Ram 1500 (Reg Cab 4x2 & 4x4), 2015 FIAT 500 Pop/500L Pop. 1% Rate Reduction applies on approved credit to qualifying subvented financing (transactions through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Jeep Patriot Sport 4x2 (25D) with a Purchase Price of $13,995/$19,495 with a $0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $77/$108 with a cost of borrowing of $2,065/$2,876 and a total obligation of $16,059.71/$22,371.13. †0% purchase financing for up to 36 months available on new 2014/2015 Jeep Cherokee models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: $25,000 at 0% for 36 months equals $694.44 per month. Cost of borrowing is $0. Total obligation is $25,000. ¥Jeep Cherokee Sport 4x2 (24A) with a Purchase Price of $22,995 with a $0 down payment, financed at 0% for 36 months equals $639 per month. Cost of borrowing is $0. Total obligation is $22,995. ∞Based on 2014 *Ward's* Small Sport Utility segmentation. ♦Jeep Cherokee Sport 4x2 (24A) with a Purchase Price of $22,995 with a $0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $77 with a cost of borrowing of $3,149.46 and a total obligation of $26,144.46. Lease Cash is deducted from the negotiated lease price before taxes. ≈Non-prime financing available on select 2015 models. Financing examples: 2015 Jeep Patriot Sport 4x2 with a Purchase Price of $13,995/$22,395 financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $91/$160 for a total finance obligation of $16,610.02/$29,143.28. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ΔBased on 2014 *Ward's* Sport and Cross Utility segmentations. «Based on 2014 *Ward's* Middle Cross Utility segmentation. √Based on 2014 *Ward's* Small Sport Utility segmentation. ±Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

DESIGN

Land Rover unveils Paul Smith Defender

To mark the iconic off-roader's final year of production, Land Rover has turned to the colourful British fashion designer Paul Smith.

The brand has given him a 2015 Defender, carte blanche in terms of styling, and full access to the company's new Special Vehicle Operations (SVO) division in order for the designer to build something truly unique.

The result, which can now be seen in the flesh at Smith's Mayfair shop, features 27 exterior colours plus hand-painted exterior detailing, while the interior is a mix of fabric and leather.

"I keep a Defender at my home in Italy which is in the middle of the countryside, so it's the perfect vehicle to cope with the rugged terrain," said Smith.

Smith says that his design and the final colour palette were inspired by the British countryside and by the British armed forces, the Defender's two natural habitats.

> **The Defender is a British icon, which is something I'm exceptionally proud of**
> Designer Paul Smith

"I wanted deep, rich colours, but at the same time, I wanted them to work together yet be surprising."

For instance, there is a hand-painted bee motif on the roof.

"Another little tongue-in-cheek reference to the countryside and the heritage of the car," says Smith.

The Paul Smith Land Rover is the latest in a series of special models and events that the company has organized to mark the iconic SUV's final production year. AFP





The Harley-Davidson LiveWire. HARLEY-DAVIDSON

E-bikes are revving up

TECHNOLOGY

Harley's LiveWire may give e-bikes the cool factor

A global interest in mobility solutions for increasingly congested and polluted urban areas is leading to greater sales of electric scooters and electric motorbikes, particularly in emerging markets.

According to the latest study published last week by Navigant Research, sales aren't about to explode, but interest and demand are stable and continuous.

Combined annual sales of e-bikes and e-scooters are expected to hit six million by 2024.

Considering that sales are forecast to hit 5.3 million over the course of 2015, the number isn't particularly high.

However, it indicates that even though electrically powered scooters and motorbikes are more expensive and limited in terms of range than gas-powered alternatives, they are starting to find a niche — that is getting bigger.

"Although purchase prices remain relatively high and the availability of vehicles is limited in some regions, e-motorcycles and e-scooters offer an affordable, efficient mode of personal transport for motorists, particularly in booming cities of the developing world," says Ryan Citron, research analyst with Navigant Research.

In 2015, a potential 4.1 million e-scooters will be sold, compared with 1.2 million e-motorbikes.

As well as being lighter and more affordable, electric scooters are also more widespread in terms of companies making them.

But we're just taking the initial steps towards serious electric motorbikes that offer the same performance and feeling as gas-powered bikes, and the few that are on the market such as Zero Bikes or the Lightning, or the upcoming Harley Davidson LiveWire, carry a hefty premium.

Still, a U.S.-built premium hog could stimulate demand for an electric motorbike in the U.S. and Europe in the same way that Tesla has made electric cars aspirational with the Model S.

Increased interest will lead to increased competition in the marketplace.

According to Navigant, this in turn could spur on innovation and breakthroughs necessary to make bikes more attractive to more people either through lower prices or better battery technology, enabling owners to travel faster and further between charges. AFP

+ E-BIKES

China is historically the world's biggest market for electric bikes, and, while demand in the country is beginning to diminish due to slowing economic growth, the growing demand from other nations is offsetting this drop.

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▼Based on total Automobile Journalists Association of Canada (AJAC) Category wins (various) up to the 2014 model year. ♦Signing Bonuses are available on retail cash purchase/finance/lease of select new, in-stock 2014/2015/2016 Mazda models from March 3 – 31, 2015. Bonus amounts vary by model. $500 Signing Bonus applies to all 2014 Mazda2, all 2014/2015 Mazda3, all 2014/2015 Mazda5, and all 2015/2016 Mazda6 models. $750 Signing Bonus applies to all 2015/2016 CX-5 models. Maximum $1,000 Signing Bonus only available on all 2015 CX-9 and all 2014/2015 MX-5 models. Signing Bonus will be deducted from the negotiated price before taxes. See dealer for complete details. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca. †0% APR Purchase Financing is available on select new 2015 and 2016 Mazda models. Terms vary by model. Based on a representative agreement using an offered pricing of $16,690 (includes $500 Signing Bonus) for the new 2015 Mazda3 GX (D4XK65AA00) with a financed amount of $18,000, the cost of borrowing for a 36-month term is $0, monthly payment is $500, total finance obligation is $18,000. Offer includes freight, P.D.E. and fees. Offer excludes PST/GST/HST. ‡Offer available on retail leases of new 2015 Mazda3 GX (D4XK65AA00)/2016 Mazda6 GX (G4XL66AA00)/2016 CX-5 GX (NVXK66AA00) with a lease APR of 2.99%/2.99%/3.49% and 130/130/130 bi-weekly payments of $87/$147/$138 for 60/60/60 months, the total lease obligation is $11,306/$19,088/$17,919, including down payment of $0/$0/$0. As shown, Offered Pricing for new 2015 Mazda3 GT (D4TL65AA00)/2016 Mazda6 GT (G4TL66AA00)/2016 CX-5 GT (NXTL86AA00) with a lease APR of 2.99%/2.99%/3.49% and 130/130/130 bi-weekly payments of $150/$195/$201 for 60/60/60 months, the total lease obligation is $19,503/$25,415/$26,078, including down payment of $0/$0/$0. Lease payments include freight and P.D.E. of $1,695/$1,695/$1,895. 20,000 km per year mileage allowance applies; if exceeded, additional 8¢ per km applies. Offers exclude PST/GST/HST. Offered leasing available to retail customers only. Licence, insurance, dealer administration and other fees, taxes and down payment (where applicable) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Offers valid March 3 – 31, 2015, while supplies last. Lease and finance on approved credit for qualified customers only. Offers subject to change without notice. Visit mazda.ca or see your dealer for complete details.

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Your essential daily news



It's official: Nash says final goodbye

'Pep' preaches short memories

NBL CANADA

Rainmen coach Claros quick to move on after loss in P.E.I.



Kristen Lipscombe
Metro | Halifax



Joey Haywood of the Rainmen drives by the Storm's Brandon Robinson during Game 4 of the NBL Canada playoffs Tuesday. BRIAN MCINNIS/THE CHARLOTTETOWN GUARDIAN

Halifax Rainmen head coach Josep (Pep) Claros is looking forward, not back.

Following three straight wins over the Island Storm, the local NBL Canada franchise dropped Game 4 of their best-of-seven playoff series 113-105 on the road at the Eastlink Centre in Charlottetown on Tuesday night.

Claros isn't interested in reflecting on the loss.

"I'm not thinking about the game," he said by phone from Charlottetown. "I just want to forget some of the aspects of the game that I don't like, and my players couldn't do anything about."

Nevertheless, the do-or-die game for the Island Storm was a fun one for fans, with the ball and the score bouncing back and forth between the Atlantic Division rivals. The Island came out strong in the first quarter, going on an early 7-0 run and claiming a 33-18 lead after 12 minutes. Halifax fell behind further in the second quarter as the gap grew to 59-40 by halftime.

The third quarter was all Rainmen, who put up 40 points to tie it up at 80 apiece heading into the final frame.

Down the home stretch, the Storm were ahead by just 105-103 in the last two minutes.

But a couple of late-game fouls halted Halifax's comeback, with Storm forwards Brandon Robinson and Olu Famutimi icing the game from the line in the final seconds to seal the win.

Guard Forrest Fisher was on fire for the Rainmen, with 28 points, including 21 from beyond the arc. Forward Kevin Young added 17 points and eight rebounds. Robinson led the Storm with 30 points, while Rashad Whack put up 18 points.

The Rainmen were travelling back to Halifax late Tuesday night, and will host the Island Storm for Game 5 of the series, with the date to be announced.

"We have Game 5, and the opportunity go to the final — this is where we have to focus," Claros said of his team's ultimate goal, its first-ever NBL Canada championship title.

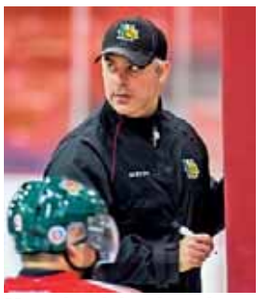
Whichever team wins the second round Atlantic series will take on the Central Division winner.

That will be determined by the second-round playoff series, which starts Thursday in Windsor, Ont., between the Brampton A's and defending league champion Windsor Express.

"We have to win, no matter what and no matter how," Claros said.

SCHEDULING

Looking for a new home
Rainmen games will be moved to a yet-to-be announced location during the world men's curling championship (March 28 to April 5 at Scotiabank Centre).



Mooseheads head coach Dominique Ducharme
JEFF HARPER/METRO FILE

JUNIOR HOCKEY

Ducharme calls WJC coaching job 'a great honour'

Halifax Mooseheads bench boss Dominique Ducharme has reached "the pinnacle" of coaching junior hockey.

Earlier this week, Hockey Canada named Ducharme, 42, of Joliette, Que., assistant coach of Canada's national junior team for the 2015-16 season.

"It's a great honour," Ducharme said Tuesday.

"I was really happy and excited when Tom Renney called," he said of finding out he got the gig from the Hockey Canada president himself.

He joins fellow assistants Martin Raymond and D.J. Smith, who work with the Drummondville Voltigeurs and Oshawa Generals, respectively. Dave Lowry of the Victoria Royals got the head coaching gig.

Ducharme's new role includes attending Canada's national junior summer development camp, as well as the 2016 IIHF world junior championship in Helsinki.

"This is the biggest junior tournament in the world," Ducharme said.

"It's something I've been following since I was young.... It creates a lot of passion amongst Canadians."

Ducharme has previously worked with a Team Canada contingent. He won gold as assistant coach with Canada's national men's summer under-18 team at the 2013 Ivan Hlinka Memorial tournament in the Czech Republic and Slovakia. He also served as an assistant coach with Quebec at the 2011 world under-17 hockey challenge, finishing fourth.

Ducharme is in his fourth season as the Herd's head coach, which has included leading the local QMJHL club to its first-ever Memorial Cup title two years ago.

"To be working with world-class players and competing at that level, it's going to be a great experience," he said.

"It's going to make me a better coach." KRISTEN LIPSCOMBE/METRO

Kings not willing to abdicate throne

NHL

L.A. continues its push for the playoffs by beating NYR

Jonathan Quick and the Los Angeles Kings are still on the outside of the Western Conference playoff race.

The way the veteran goalie sees it, that's just a temporary situation.

Quick shook off a goal in the first minute and allowed just one more the rest of the way in the Kings' 4-2 victory over the New York Rangers on Tuesday night.

When asked if his club — the defending Stanley Cup champion — is a playoff team, Quick provided an emphatic "Yes."

"I believe we are," said Quick, who made 34 saves.

The Kings, fighting for a chance to defend their title, have won the first two games of a five-game trip on successive nights. Marian Gaborik snapped a second-period tie, and Los Angeles cooled off the Rangers in a rematch of last year's Stanley Cup final.

Robyn Regehr scored a rare goal in the first period, and Jeff Carter and Jake Muzzin extended the lead in the third. Anze Kopitar had two assists, giving him a goal and six assists in four games.

"It was a good performance by everyone," Gaborik said of the Kings, 7-2-2 in their past 11. "After that fourth goal, we slowed down a little bit. Other than that, we were better than (Monday) night. We just have to ramp things up."

The Kings won 3-1 at New Jersey on Monday and still have stops at Long Island, Minnesota and Chicago before heading home. They had scored only eight goals in their previous five games. THE ASSOCIATED PRESS



The Rangers' Matt Hunwick, left, and the Kings' Jordan Nolan vie for the puck on Tuesday night in New York. ELSA/GETTY IMAGES

MMA

It's squared circle for Lesnar from now on

Former UFC heavyweight champion Brock Lesnar has ruled out a return to mixed martial arts, ending three years of speculation about the biggest pay-per-view star in the sport's history.

Lesnar announced he had re-signed with the WWE in an interview on ESPN's SportsCenter on Tuesday.

Lesnar tells The Associated Press he was in training for a UFC return as recently as last week despite his conflicted feelings about it. He finally decided to stick with professional wrestling only in the past two days.

> **"The fighter in me wants to continue, but at this stage in my life, it ain't just about me anymore**
> Brock Lesnar

Lesnar says he turned down an offer worth "10 times" what he was making earlier in his MMA career. THE ASSOCIATED PRESS

IN BRIEF

Richest fight in boxing history getting richer

The first ticket has yet to be sold, but the richest fight in boxing history is getting richer by the day.

New estimates show Floyd Mayweather Jr.'s payoff for fighting Manny Pacquiao could easily be $180 million, up substantially from earlier predictions of $120 million. Pacquiao gets the short end of the purse, but even that is expected to be well over $100 million. THE ASSOCIATED PRESS



Manny Pacquiao
GETTY IMAGES

Raptors lose to Pistons and Lowry to back spasms

Reggie Jackson had 28 points and nine assists and Andre Drummond added 21 points and 18 rebounds as the Detroit Pistons beat the Toronto Raptors 108-104 on Tuesday night.

DeMar DeRozan had 22 points and 10 rebounds for the Raptors, who lost point guard Kyle Lowry to back spasms in the second quarter. THE ASSOCIATED PRESS

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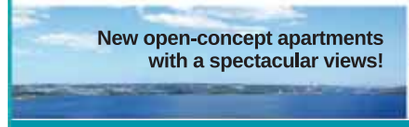
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Prep time: 15 minutes
Cook time: 30 minutes

Directions

1. Lightly coat a nonstick skillet with cooking spray and set over medium heat. Sauté the corn for about 8 minutes, stirring often until lightly browned. Purée half of the corn in a small food processor. Combine the puréed corn with the whole corn in a small bowl and set aside.

2. Add the oil to a large, nonstick pot and set over medium heat. Add the onion and garlic and sauté for about 4 minutes. Add the red pepper and sauté for another 2 minutes. Add the potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 minutes or until the potato is tender.

3. Whisk together the flour and milk in a small bowl and gradually add to the soup. Add the salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls, and garnish with parsley.

Ingredients
- 2 cups corn niblets (canned or fresh)
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce (or finely chopped jalapeño pepper)
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley

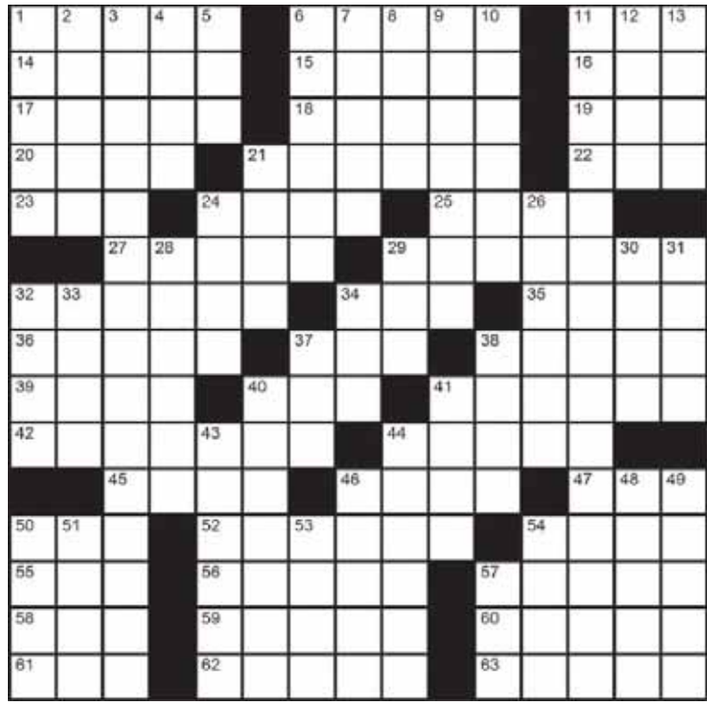
Nutrition
- Calories 211
- Protein 10 g
- Carbohydrates 35 g
- Fibre 3.9 g
- Total fat 3.7 g
- Saturated fat 0.9 g
- Cholesterol 5 mg
- Sodium 565 mg

ROSE REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS) BY ROSE REISMAN. PHOTO: RYAN SZULC

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Steve Martin/Lily Tomlin movie, "__ Me" (1984)
6. Joanne __, Hamilton-born 3x Olympic swimmer
11. "__ so fast!"
14. Dip the feathered pen again
15. Cherish
16. Sense organ
17. Molten rock
18. __ '__' Roses (Rock band)
19. Which person?
20. Journey's "__ Should Break Your Heart"
21. __ Lake (Ontario community near North Bay)
22. Protrude
23. Clock setting in St. John's, commonly
24. Agreement
25. Ms. Campbell
27. 1965 Beatles chart-topper
29. Hairstylist giving a customer the 1970s feathered look, say
32. Handsome fellow of ancient Greek mythology
34. Friend
35. Q-to-V link
36. "Irma la __" (1963)
37. Energy
38. John __ (Tractor company)
39. Pet Shop Boys' "__ Sin"
40. Swerve
41. More ashen
42. Slayer of the Minotaur
44. Circular
45. Stink
46. Vintage video game
47. Second sight, shortly
50. In favour
52. Lisa of "The Addams Family"
54. Iris spot
55. Currency in Romania
56. J.M. for Joni Mitchell, briefly
57. Del Shannon's "Little Town __"
58. Granola morsel
59. "Nifty!"
60. Chesterfield __ (Municipality in Nunavut)
61. __-trial
62. __ Exchange Building (Winnipeg landmark)
63. Toronto-born lead singer of #6-Down

DOWN
1. Actor, __ Mueller-Stahl
2. Toronto hockey players
3. Drivers can scenically traverse it in Nova Scotia: 2 wds.
4. "It's __ __." (I'm paying)
5. ___ twigs (British singer)
6. As per #63-Across... Juno-winning "Rude" band
7. Grown-up
8. Capital of Eng.
9. Stash of weapons
10. Tom __, President of Hockey Canada
11. NHL team co-head-coached by two Canadians: 3 wds.
12. Hawaiian island
13. Jog
21. Faucets
24. Ballet move
26. Ben __, Tony-winning star of Pippin
28. Box in
29. Swimmer's circuit
30. Raison d'__
31. Repenter
32. Mine entrance
33. Bible verb
34. Church seat
37. Not in Nice?
38. Narcotic
40. Denizen of Whitehorse's locale
41. Percussion instrument
43. Activity involving a Moray, say
44. Music producer Mark
46. __ Palace (Florence, Italy attraction)
48. More dry
49. Ms. LaBelle
50. Ice cube into water sound
51. Back
53. US music trade org.
54. Arm bone
57. Fish's paddle

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You feel you could take on the world and win but Saturn warns there are a number of duties and responsibilities you must deal with before you are free to express yourself.

Taurus April 21 - May 21
Venus in your sign makes the world look a kinder place, but don't be fooled. Your attitude to those around you may have softened but you still need to take care.

Gemini May 22 - June 21
Something will take you by surprise today and you have only yourself to blame. The signs have been there for some time and you should have seen it coming.

Cancer June 22 - July 23
As Saturn links with the Sun today your natural caution will work in your favour. While others are bigging it up and throwing their money around you will be quietly making plans.

Leo July 24 - Aug. 23
You will solve a riddle that has been bugging you for ages — and will kick yourself when you realize just how simple the answer is. You may experience many such moments over the next few days.

Virgo Aug. 24 - Sept. 23
Something will happen over the next 24 hours that gives you the opportunity to show how tough you are. Make sure people know you should never be taken for granted.

Libra Sept. 24 - Oct. 23
One of the things you are good at is inspiring people to improve themselves and over the next few days you will help at least one friend do more and do better. Good on you.

Scorpio Oct. 24 - Nov. 22
You will be tempted to make a major decision today, even though you don't yet know all the facts. Your impatience could pay off or it could land you in deep water. Be careful.

Sagittarius Nov. 23 - Dec. 21
Someone you live or work with will get the wrong end of the stick today and blame you for something that is not your fault. By all means clear your name but don't hold it against them. Everyone makes mistakes.

Capricorn Dec. 22 - Jan. 20
Venus in your fellow Earth sign of Taurus makes it much easier to express your feelings. Just be careful you don't become infatuated. Your passion could cause problems.

Aquarius Jan. 21 - Feb. 19
You may be in a fun-loving mood but you also have serious things to consider, things that must be dealt with now. Focus all your attention and energy on them today.

Pisces
Feb. 20 - March 20
You will reach an important decision concerning your career over the next 24 hours and although not everyone will agree with the route you choose you know it is the right one for you.

CONCEPTIS SUDOKU by Dave Green

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